

Tips for High-Quality Sleep with Type 2 Diabetes

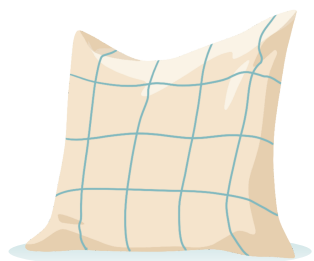
Sleep quality is important when you're living with type 2 diabetes. For example, not getting enough sleep can cause you to eat more food than you need throughout the day. This can lead to a rise in blood sugar levels, which may damage your nerves, eyes, and kidneys.



Try to wake up and go to bed at the same time every day



Aim to keep the temperature around 65°F (18.3°C)



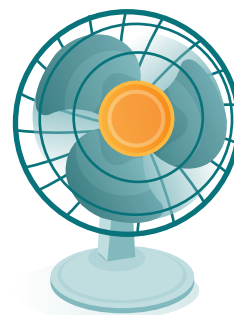
Make your bedroom a quiet, relaxing, clutter-free space



Avoid caffeine after 3 p.m.



Avoid using your cell phone or e-reader before bed



Turn on a ceiling or desk fan to drown out distracting noises