



Module 22: Get Enough Sleep

Participant Guide



Session Focus



Getting enough sleep can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- Why sleep matters
- Some strategies for getting the rest you need

You will also make a new action plan!

Tip:

- ✓ Follow a bedtime routine that helps you wind down.



Why Sleep Matters

Studies show that if you don't get enough sleep, insulin doesn't work as well. Your body doesn't process fat as well. And your brain has trouble knowing when you've had enough to eat.

The American Academy of Sleep Medicine and the Sleep Research Society recommend that adults get at least 7 hours of sleep per night.

Complications From Lack of Sleep

If you regularly get less than 7 hours of sleep per night, it can:

- Increase insulin resistance.
- Make you hungrier the next day and reduce how full you feel after eating.
- Make you more likely to reach for junk foods—those that are high in carbs and sugar.
- Make it harder to lose weight.
- Raise blood pressure and seriously increase the risk of a heart attack.
- Make your immune system less able to fight infections.
- Increase your risk of depression and anxiety.

You can learn more by reviewing Sleep for a Good Cause on CDC's website. [www.cdc.gov/diabetes/library/features/diabetes-sleep.html]

How To Get a Good Night's Rest

Jenny's Story—Part 1

Jenny is at risk for type 2 diabetes. At her last checkup, her doctor asked whether she gets at least 7 hours of sleep each night.

Jenny laughed. “Are you serious?” she asked. “I’m lucky if I get 5 hours.”

Jenny usually doesn't have much trouble falling asleep. But she often must use the bathroom in the early morning. This gets her thinking about all the things she needs to do that day. Plus, her husband's breathing is loud. Both things make it hard for Jenny to fall back to sleep. She often lies awake for hours.



How do you feel when you don't get enough sleep?

What suggestions do you think Jenny's doctor will provide?

Jenny's Story—Part 2

Jenny's doctor made several suggestions of things that she could do to help her sleep better. She explained that getting enough sleep could help her manage her weight.

These days, Jenny drinks less water close to bedtime and avoids caffeine in the evening. She makes a list of things to do the next day. Then she sets it aside. She rarely needs to get up to use the bathroom during the night anymore. If she does wake up, she breathes deeply to help her get back to sleep instead of thinking about her to-do list. She also runs a fan to cover up the sound of her husband's breathing.

Jenny is closer to getting 7 hours of sleep a night.

How To Overcome Challenges To Getting a Good Night's Rest

It can be challenging to get enough sleep. Here are some common challenges and suggestions for getting a good night's sleep. Write your own ideas in the "Other Ways To Sleep Well" column. Check off each idea you try.

Challenges	Ways To Sleep Well	Other Ways To Sleep Well
There's too much noise.	<ul style="list-style-type: none"> <input type="checkbox"/> Use earplugs. <input type="checkbox"/> Turn on a fan, white noise machine, or radio tuned to static to drown out the noise. Or use a smartphone app that plays white noise or nature sounds. <input type="checkbox"/> Shut the doors and windows. <input type="checkbox"/> Ask people to be quiet. 	<ul style="list-style-type: none"> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>
There's too much light.	<ul style="list-style-type: none"> <input type="checkbox"/> Get room-darkening blinds or shades. <input type="checkbox"/> Wear a sleep mask. 	<ul style="list-style-type: none"> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>
I can't get comfortable.	<ul style="list-style-type: none"> <input type="checkbox"/> Stretch. <input type="checkbox"/> If possible, get a bed, mattress, and pillow that you like. 	<ul style="list-style-type: none"> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>

How To Overcome Challenges To Getting a Good Night's Rest

Challenges	Ways To Sleep Well	Other Ways To Sleep Well
I'm thirsty.	<input type="checkbox"/> Have a drink 2 hours or longer before bedtime. <input type="checkbox"/> If you must drink at bedtime, have just a sip.	<input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>
I keep getting up to use the bathroom.	<input type="checkbox"/> Avoid caffeine and alcohol. <input type="checkbox"/> Stop drinking at least 2 hours before bedtime.	<input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>
I feel anxious or alert.	<p>During the day:</p> <input type="checkbox"/> Get up at the same time each day. This helps your body get on a schedule and fall asleep more easily at night. <input type="checkbox"/> Avoid caffeine. <input type="checkbox"/> If you smoke, quit. <input type="checkbox"/> Avoid taking naps later in the day. <input type="checkbox"/> Get some physical activity. <input type="checkbox"/> Manage stress. <input type="checkbox"/> Ask your health care provider if your medicines are keeping you awake and if there are different medicines you can take instead. <input type="checkbox"/> Ask your health care provider about ways to manage anxiety.	<input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>

How To Overcome Challenges To Getting a Good Night's Rest

Challenges	Ways To Sleep Well	Other Ways To Sleep Well
<p>I feel anxious or alert.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Consider wearing blue-light-filtering eyeglasses when working on a computer or using your smartphone for long periods of time. A couple of hours before bedtime: <input type="checkbox"/> Avoid using a computer, cellphone, or TV. The light can make your brain think it's time to be awake. <input type="checkbox"/> Avoid working or being very active. <input type="checkbox"/> Follow a bedtime routine that helps you wind down. At bedtime: <input type="checkbox"/> Go to bed at the same time each day. This helps your body get on a schedule. <input type="checkbox"/> Don't pressure yourself to fall asleep. Keep clocks and watches out of sight so you don't think about time passing. <input type="checkbox"/> If you don't think you will fall asleep soon, get out of bed. Do something relaxing for a while until you feel sleepy. 	<ul style="list-style-type: none"> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>

How To Overcome Challenges To Getting a Good Night's Rest

Challenges	Ways To Sleep Well	Other Ways To Sleep Well
Add Your Own	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Add Your Own	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Add Your Own	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Ways To Unwind



It's a good idea to follow a bedtime routine that helps you wind down. Try to start a couple of hours before bedtime but taking even 5 to 10 minutes before bed to relax can help. Here are some ways to unwind.

- Breathe deeply for 5 minutes.
- Dim the lights at a specific time each night.
- Drink herbal tea or warm milk as part of your bedtime routine.
- Avoid looking at screens (televisions, computers, smart phones).
- Listen to soothing music.
- Make a list of things to do the next day.
- Read a relaxing book.
- Sit outside.
- Stretch lightly.
- Take a warm bath or shower.
- Write in a journal.

What helps you unwind at the end of the day?
