

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:

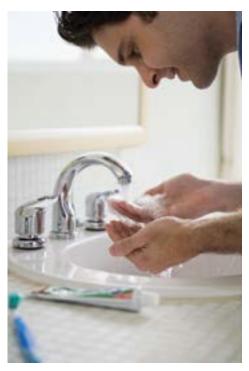
- Why sleep matters
- Some strategies for getting the rest you

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 y	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.	☐ Use earplugs.	
	☐ 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.	
	Shut the doors and windows.	
	☐ Ask people to be quiet.	
There's too much light.	Get room-darkening blinds or shades.	
	☐ Wear a sleep mask.	
I can't get comfortable.	□ Stretch.□ If possible, get a bed, mattress, and pillow that	
	you like.	

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

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

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

Challenges	Ways To Sleep Well	Other Ways To Sleep Well
I feel anxious or alert.	☐ 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:	
	Avoid using a computer, cellphone, or TV. The	
	light can make your brain think it's time to be	
	awake.	
	□ Avoid working or being very active.□ Follow a bedtime routine that helps you wind down.	
	At bedtime:	
	Go to bed at the same time each day. This	
	helps your body get on a schedule.	
	Don't pressure yourself to fall asleep. Keep	
	clocks and watches out of sight so you don't	
	think about time passing.	
	If you don't think you will fall asleep soon, get out	
	of bed. Do something relaxing for a while until you feel sleepy.	

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

Challenges	Ways To Sleep Well	Other Ways To Sleep Well
Add Your Own		
Add Your Own		
Add Your Own		

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?