

Sleep & Stress Management for T2D



Why sleep and stress matter

Poor sleep and high stress can affect your blood glucose, appetite, and energy levels. Chronic stress or insufficient sleep can make insulin less effective, leading to higher glucose levels, weight gain, and difficulty managing type 2 diabetes. Addressing these factors supports overall health and diabetes control.

How much sleep do I need?

Most adults benefit from 7–9 hours of quality sleep each night. Tips for better sleep include:

- Stick to a consistent bedtime and wake-up schedule
- Keep your bedroom dark, quiet, and cool
- Limit caffeine and alcohol before bed
- Avoid screens for 30–60 minutes before sleep
- Try relaxing routines: reading, meditation, or gentle stretching

Good sleep helps your body regulate glucose, appetite, and hormones. Contact your healthcare providers if you experience persistent sleep problems despite lifestyle change.

How does stress affect glucose?

Stress triggers hormones like cortisol and adrenaline that can raise blood sugar. Stress can also lead to unhealthy habits such as skipping meals, overeating, or being inactive. Managing stress improves glucose control and supports long-term health.

Practical stress management strategies

Practical strategies include mindfulness, physical activity, deep breathing, time management, and social support. Try different approaches to find what works best for you.

Lifestyle habits that support sleep

Regular meals and snacks to prevent blood sugar dips

- Avoid late-night heavy meals or sugary drinks
- Limit screen time in the evening
- Include daily movement, even short walks
- Schedule “downtime” for relaxation or hobbies
- Small, consistent habits often produce bigger results than drastic changes.

Where can I find reliable information?

- T2D Network
- Family doctor or endocrinologist
- Diabetes educator or nurse
- Dietitian
- Pharmacist