



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
- 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.

How To Improve Your Sleep

Jenny's Story—Part 1

Jenny is at risk for type 2 diabetes. At her last checkup, her doctor asked her: “About how many hours of sleep do you get each night?”

Jenny said, “I’m lucky if I get 5 hours.”

Jenny usually doesn't have problems falling asleep, but she often needs to use the bathroom in the early morning or is woken by small noises around the same time. This gets her thinking about all the things she needs to do that day.

The busy day ahead makes it hard for Jenny to go back to bed. She decides to get started on things that she needs to get done while her family is still asleep.



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 to help Jenny sleep better. She explained that getting enough sleep could help Jenny manage her weight and other health-related issues.

After listening to the doctor's suggestions, Jenny makes small changes. Jenny avoids caffeine in the evening. Near bedtime, she drinks less water. She also creates a list of things to do the next day, then she sets it aside.

Jenny rarely needs to use the bathroom while she is asleep anymore. If she does wake up, she breathes deeply to help her relax and goes back to sleep instead of thinking about or getting started on her to-do list. She also uses a fan to help block distracting sounds.

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

How to Overcome Sleep-Related Challenges

It can be challenging to get enough sleep. Here are some common challenges and suggestions for getting good 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 cover up other noises. <input type="checkbox"/> Use a smartphone to play white noise, nature sounds, a soothing nighttime story, relaxing music, or other sounds you find calming. <input type="checkbox"/> Shut the doors and windows. <input type="checkbox"/> Ask people to be quiet. 	<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/>
There's too much light.	<ul style="list-style-type: none"> <input type="checkbox"/> Get room-darkening curtains, blinds, or shades. <input type="checkbox"/> Wear a sleep mask. 	<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. 	<input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>

How to Overcome Sleep-Related Challenges

Challenges	Ways To Sleep Well	Other Ways To Sleep Well
I'm thirsty.	<ul style="list-style-type: none"> <input type="checkbox"/> Have a drink 2 hours or longer before bedtime. <input type="checkbox"/> If you must drink at bedtime, have only a small amount. 	<ul style="list-style-type: none"> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>
I keep getting up to use the bathroom.	<ul style="list-style-type: none"> <input type="checkbox"/> Avoid caffeine and alcohol. <input type="checkbox"/> Stop drinking at least 2 hours before bedtime. 	<ul style="list-style-type: none"> <input type="checkbox"/> <hr/> <input type="checkbox"/> <hr/>
I feel anxious or alert.	<p>During the day:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Get out of bed at the same time every day. This helps your body get on a schedule and fall asleep more easily at bedtime. <input type="checkbox"/> Avoid caffeine. <input type="checkbox"/> If you smoke commercial tobacco, 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. 	<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/>

How to Overcome Sleep-Related Challenges

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"/> These days, most phones and computers have a “night mode,” “night shift,” or “night light” setting to reduce blue light. Ask for help to determine whether your devices have this feature and enable it, if possible. <input type="checkbox"/> If your devices do not have these settings (or if you are unable to turn them on), consider wearing blue-light-filtering eyeglasses when looking at computer, tablet, or smartphone screens for long periods of time. <p>A couple of hours before bedtime:</p> <ul style="list-style-type: none"> <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 relax. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

How to Overcome Sleep-Related Challenges

Challenges	Ways To Sleep Well	Other Ways To Sleep Well
I feel anxious or alert.	<p>At bedtime:</p> <ul style="list-style-type: none"><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/>

How to Overcome Sleep-Related Challenges

Challenges	Ways To Sleep Well	Other Ways To Sleep Well
Add Your Own	<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/>
Add Your Own	<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/>
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Ways To Relax



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

- Breathe deeply for 5 minutes.
- Dim the lights at a specific time.
- Drink herbal tea (without caffeine) or warm milk as part of your bedtime routine.
- Avoid looking at screens (televisions, computers, tablets, smart phones, etc.).
- Listen to soothing music.
- Sing calm songs.
- Make a list of things to do the next day.
- Read a relaxing book.
- Sit outside or in a comfortable place indoors.
- Stretch lightly.
- Take a warm bath or shower.
- Write in a journal.
- Do a calming activity like drawing or coloring.

What helps you relax at the end of the day?
