

InFlight

Wellness Weekly



Wellness Tips To Better Your Life

Sleep Optimization



DIABETES AWARENESS

The Link Between a Lack of Sleep and Type 2 Diabetes



You know that your family medical history, along with what you eat and how much you weigh, can affect your risk of developing type 2 diabetes. But did you know that your sleep habits can also play a role? It's true. In fact, sleep deprivation is an often overlooked, but significant risk factor for type 2 diabetes — a disease that involves too much glucose (or sugar) in the blood and increases the risk of heart disease.

The connection may be hard to imagine. But the primary reason that regularly skimping on shuteye can increase your risk of type 2 diabetes is because your hormone levels get thrown out of whack. Specifically, with ongoing sleep loss, less insulin (a hormone that regulates blood sugar) is released in the body after you eat. Meanwhile, your body secretes more stress hormones (such as cortisol), which helps you stay awake but makes it harder for insulin to do its job effectively. The net effect: Too much glucose stays in the bloodstream, which can increase your risk of developing type 2 diabetes.

These effects have been seen with getting between four and a half to six hours of sleep per night. In particular, a decrease in slow-wave (or "deep") sleep—which is thought to be the most restorative stage of sleep—seems to play a major role in maintaining proper insulin sensitivity and blood sugar control.

In addition, getting too little sleep can increase your appetite and reduce your level of satiety, causing you to crave carbohydrates and sugary foods, in particular. Over time, indulging in these cravings or overeating, in general, can wreak havoc on your insulin and blood sugar levels, as well as your body weight. (Remember: Obesity is a major risk factor for type 2 diabetes.) Plus, when you're short on sleep, you're more likely to feel tired and less inclined to exercise, which is a problem because regular exercise helps with weight management and blood sugar control.

Fortunately, if sleep deprivation lasts only a few days, these effects can be reversed—and insulin levels can improve—with as little as two full nights of sleep (nearly 10 hours per night). This is comforting to know when you're in a pinch and need to stay up late for several consecutive nights to meet a deadline or deal with a family emergency. But don't make this a habit. In the long run, it's best to try to get seven to nine hours of uninterrupted sleep on a nightly basis so you can feel and function optimally and reduce your risk of developing type 2 diabetes and other health problems.

The Link Between a Lack of Sleep and Type 2 Diabetes. Retrieved from <https://www.sleepfoundation.org/articles/link-between-lack-sleep-and-type-2-diabetes>



AIR FORCE MEDICINE
TRUSTED CARE...ANYWHERE
WWW.AIRFORCEMEDICINE.AF.MIL

See calendar on other side to see what is going on this week

Diabetes and Sleep

Sleep can affect your blood sugar levels and your blood glucose control can also affect your sleep, which results in trouble sleeping.

Difficulty getting a good night's rest could be a result of a number of reasons, from hypos at night, to high blood sugars, sleep apnea, being overweight or signs of neuropathy.

If you have blood sugar levels that are either too high or too low overnight, you may find yourself tired through the next day.

Lethargy and insomnia can both have their roots in blood sugar control and can be a key in re-establishing a healthy sleep pattern.

The following may help to promote better sleep:

- Keep your blood glucose under control
- Ensure your bed is large and comfortable enough, with pillows at a comfortable height
- Ensure your room is cool (around 65 degrees Fahrenheit) and well ventilated
- Ensure your room is dark and free from noise. If this is not possible, you may benefit from a sleeping blindfold or ear plugs
- Incorporate a period of exercise into each day
- Stick to a regular bed time

Diabetes and Sleep. Retrieved from <https://www.diabetes.co.uk/diabetes-and-sleep.html>

A Personal Message From Your Health Promotion Health Myth Busting Team



Dear Health Myth Busters,

Is it true that health problems such as obesity, diabetes, hypertension, and depression have no relation to the quantity and quality of a person’s sleep?

Sincerely,
Sleep Health

Dear Sleep Health,

This is a common misconception but more scientific studies are showing correlations between poor quality sleep and/or insufficient sleep with a variety of diseases.

Studies have found a relationship between the quantity and quality of one’s sleep and many health problems. For example, insufficient sleep affects growth hormone secretion that is linked to obesity. As the amount of hormone secretion decreases, the chance for weight gain increases. Blood pressure usually falls during the sleep cycle. However, interrupted sleep can adversely affect this normal decline, leading to hypertension and cardiovascular problems. Research has also shown that insufficient sleep impairs the body’s ability to use insulin, which can lead to the onset of diabetes.

If you’re having trouble sleeping, try listening to the Military Meditation Coach Podcast to practice techniques that may help you fall asleep and improve the quality of your sleep so that you become mentally stronger and more alert.

Sincerely,
Health Myth Busters

Myths and Facts About Sleep. Retrieved from https://www.nrcs.usda.gov/wps/portal/nrcs/detail/ks/people/employees/?cid=nrcs142p2_033304

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you “Bust The Myths!” Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/> or https://www.facebook.com/Joint-Base-Andrews_Health-Promotion_120094328077726



HERE'S WHAT'S GOING ON
WHERE YOU LIVE AND WORK




<https://www.resilience.af.mil/>

Your Local Health
Promotion Office



Contact: Sylvia Goff, Health Promotion Coordinator, JBA
Phone: 240-612-1745
Email: sylvia.a.goff.civ@mail.mil

Monday	Tuesday	Wednesday	Thursday	Friday
	Classes are held at Malcolm Grow Medical Clinic, 1060 West Perimeter Rd., Joint Base Andrews MD			
<p>Building Healthy Lifestyles Mondays at 1500 Register at: 240-857-7186</p>	<p>Building Healthy Lifestyles Tuesdays at 1000 Register at: 240-857-7186</p>	<p>Turkey Trot 5K Fun Run November 20, 0730, WFC</p> <p>Save the Date!!! 4 Dec @1430 Base Theater Herschel Walker - Anti-Stigma Campaign & Mental Health Awareness</p>	<p>Mark Your Calendar November 21, 2019</p> 	<p>Looking to Improve Your Health? Consider attending classes offered by our Clinical Health Psychology Team. Call 240-857-7186 to sign up</p>
<p>Comprehensive Fitness Incentive Program (C-FIP) 12 wk prgm - Mon/Wed/Fri 0700-0800, Tactical Fitness Ctr, Register at: https://www.signupgenius.com/go/8050f4ea4a62ca7f85-cfip</p>				