# Snooze*News*

ACCQ SLEEPLABS

September 2016

## Obstructive Sleep Apnea and Diabetes

Sleep plays a key role in the function of our body's hormones; in particular, the regulation of vital processes such as appetite, weight control, and our immune system. Not getting a restful sleep can affect your mood, food choices, and the amount of food you eat. In addition, sleep deprivation can increase your blood sugar levels, blood pressure, fluctuate cholesterol levels, and can make your body more resistant to insulin.

Those with obstructive sleep apnea (OSA) have disrupted breathing episodes in their sleep, causing stress on their body and releasing stress hormones that can raise blood glucose levels. Individuals with Diabetes who successfully regulate their blood sugar levels during the day, may still wake up with skewed blood sugar levels in the morning due to OSA. High blood glucose levels can slow down your blood circulation leading to a decrease in the amount of oxygen and nutrients available for the tissues that need it. When this occurs, it can result in fatigue as there is not enough "fuel" for cells to work, ultimately resulting in a worsening of mood and functioning for the day. Over time, elevated blood sugar levels - caused by OSA - can become detrimental and put someone at greater risk for other chronic illnesses.

**Why is sleep important for those with Diabetes?**

Lack of sleep decreases regulation of blood sugar at night as your body is working harder when it should be in the recovery and resting phase. With OSA, an individual stops breathing due to a blockage in the airway, causing a rise in blood pressure. Those who are trying to control their glucose levels during the day may experience unregulated blood sugar levels in the morning due to apneatic episodes at night.

Canadian adults who reported being diagnosed with sleep apnea were:

- 2.5 times more likely to report having diabetes
- 1.8 times more likely to report hypertension
- 2.2 times more likely to report heart disease

Doctors may refer patients with Diabetes for a sleep study to help maintain their blood glucose levels. Dr. Cavale, an endocrinologist will refer 60% of his diabetic patients for a sleep study. He believes treating sleep apnea can reduce insulin resistance, improve alertness and motivation, which can lead to stable glucose levels.

Source: diabetes and sleep apnea

For more information about sleep, visit

**www.accqsleeplabs.com**

## Accq Sleep Lab Locations


**Kitchener-Waterloo**
Allen Square Building
180 King St. South, Suite 295
Waterloo, ON
t. 519-745-2621
f. 519-745-7174

**Paris**
139 Grand River St. North
3rd Floor
Paris, ON
t. 519-442-6389
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**Owen Sound**
945 3rd Avenue East
Suite 11
Owen Sound, ON
t. 519-371-5217
f. 519-371-5736

ADP Registered Facilities & Physicians

**Dr. E.H. Tadross | Dr. C.W. Galarraga | Dr. C. Ogugua | Dr. A.K. Nagpal | Dr. J. Nemni**

*Members of the Ontario Telemedicine Network (OTN), allowing our physicians to perform consultations remotely*