What influences healthy sleep habits in adults living with type 1 or type 2 diabetes?

Adults living with type 1 or type 2 diabetes have increased risk for poor sleep quality, shorter sleep duration and insomnia, when compared to adults without diabetes. Adopting healthy sleep habits, such as avoiding screen use in bed and adopting a regular sleep schedule, could minimize this risk. Other healthy sleep habits include avoiding caffeine, alcool and nicotine consumption before bedtime. But what psychosocial factors are associated with the adoption of those healthy sleep habits?



To better understand this complex issue, 320 adults living with diabetes completed an anonymous online questionnaire on **one of two healthy sleep habits:** 



48% had type 1 diabetes52% had type 2 diabetes



30% had type 1 diabetes70% had type 2 diabetes



#### Screen use in bed

Watching television or using a cellphone / smartphone and / or laptop / tablet in bed, excluding electronic devices for blood glucose monitoring.

#### Sleep timing / variability

Going to bed and waking up with  $\pm$  20–30 minutes of difference from day to day even on weekends.



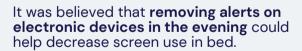


of participants reported screen use in bed in the last month, with the vast majority doing it everyday.

**Younger** adults reported more screen use in bed.

Using screens in bed was considered a habit, something you do automatically and without having to consciously remember.

## Could we do otherwise



Replacing screen use by **other activities conductive to sleep** like reading, doing yoga or meditating could promote healthy sleep habits in adults.





~90 %

of participants reported sleep variability in the last month and most said it happened once or twice a week

Females reported more sleep timing variability.

The most common barrier to having a regular sleep schedule was **having many things to do in the evening** (work, studies, taking care of children).

### Could we do otherwise

Time management interventions might be useful to encourage adults living with diabetes to have sleep regularity.



# It is also good to note that...



Avoiding screen use in bed and having a regular sleep schedule was **considered difficult to implement** and implied many barriers.



Intention was not a determinant of behavior for both healthy sleep habits; adults living with diabetes **perceived they have little control over the adoption of those habits** and it was perceived as too challenging, which sapped the intention to do it.



More research is needed to identify **how to develop healthy habits or break undesirable ones**, since changing a behavior that is strongly habitual is most likely difficult and maybe more than developing new healthy habits.



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