

Less sleep related to diabetes in pregnant women

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The incidence of this disease increases over time for many reasons, such as lifestyle and genetics, which are the most important causative factors.



Pregnancy causes many hormonal changes in the body that lead to diabetes such as losing balance and resistance to insulin. Factors that are easy to cause diabetes for pregnant mothers include:

1. Fat
2. History of gestational diabetes in previous pregnancy
3. The history of preterm birth cannot be explained
4. Pre-baby weight is higher than 4 kg
5. Family history of mother who has diabetes
6. Patient has PCOS
7. 25 years old
8. BMI reached 30
9. Pre-diabetes

In addition, some studies have shown that lack of sleep also increases the risk of diabetes during pregnancy.

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