

# Sleep disorders in women with diabetes can be fatal

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According to the study, sleep disorders in women with diabetes can cause high blood levels, leading to neuropathic pain and fatigue.

When scientists conducted research on 90 women with type 2 diabetes, they found life-threatening conditions including control factors such as age, diabetes mellitus, Depression and pain symptoms, fatigue .



Senior author of Chicago Nursing University, Dr. Cynthia Fritschi said: " *Sleep disorders in diabetics are common and can negatively affect blood sugar* ".

The findings suggest that comprehensive sleep assessments for diabetics should also be done, rigorous controls including tests for typical symptoms such as neuropathy and fatigue.

Dr. Cynthia added: " *A thorough evaluation of sleep, especially in diabetic adult women, should include an assessment of the specific symptoms associated with the accompanying disease* ."

This study is published in the Journal of Advanced Medicine.

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