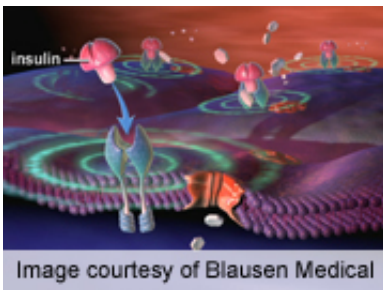


Daytime sleepiness predicts hypoglycemia in diabetes

October 9 2013



Elderly patients with type 2 diabetes who experience increased daytime sleepiness may be at increased risk for hypoglycemia, according to a study published online Oct. 2 in *Diabetes Care*.

(HealthDay)—Elderly patients with type 2 diabetes who experience increased daytime sleepiness may be at increased risk for hypoglycemia, according to a study published online Oct. 2 in *Diabetes Care*.

Berit Inkster, M.B.Ch.B., from the Royal Infirmary of Edinburgh in the United Kingdom, and colleagues recruited 898 people with [type 2 diabetes](#) to complete questionnaires regarding sleep-disordered breathing, [daytime sleepiness](#), and occurrence of [severe hypoglycemia](#).

The researchers found that respondents who scored highly on the Epworth Sleepiness Scale were significantly more likely to have suffered from severe hypoglycemia. Even when adjusting for the variables of age,

sex, duration of diabetes, HbA1c, body mass index, and treatment type, having a high Epworth Sleepiness Scale score was a significant predictor of severe hypoglycemia.

"Daytime sleepiness may be a novel risk factor for hypoglycemia," the authors write.

More information: [Abstract](#)
[Full Text \(subscription or payment may be required\)](#)

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Citation: Daytime sleepiness predicts hypoglycemia in diabetes (2013, October 9) retrieved 18 April 2024 from
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