

Leptin tied to sleep quality in obese patients with T2DM

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(HealthDay)—Plasma leptin levels are independently associated with

sleep quality in obese patients with type 2 diabetes, but not in those who are not obese, according to a study published online Feb. 26 in the *Journal of Diabetes Investigation*.

Tomoe Hirota, from Osaka City University in Japan, and colleagues investigated the association between fasting [leptin levels](#) and sleep quality in 182 patients with type 2 diabetes. Single-channel electroencephalography was used to assess sleep architecture.

The researchers found that the [obese patients](#) with type 2 diabetes showed a positive correlation between plasma leptin levels and a parameter for deep sleep assessed by delta power during the first sleep cycle. This relationship was not seen in non-obese participants. However, in the obese group, plasma leptin levels were positively associated only with delta power, not with the total sleep time, after adjusting for potential confounders, including age, body mass index, and the apnea-hypopnea index.

"Our study indicates a favorable relationship between leptin and [sleep quality](#) in obese type 2 diabetic patients," the authors write.

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

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