

Duration and poor quality of sleep associated with greater risk for diabetes

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Fewer than six hours or more than 10 hours of sleep, and poor quality of sleep are associated with a greater risk for diabetes, according to research being presented Thursday at ENDO 2023, the Endocrine

Society's annual meeting in Chicago, Ill.

Poor sleep quantity and quality, and its impact on the risk for [diabetes](#) or obesity has been previously studied. However, this study sought to explore the longitudinal effects.

"Most previous studies did not examine changes in various glycometabolic parameters, like over 14 years. The pattern of changes in various glycemic parameters may provide clues to the mechanism underlying the association between sleep duration and incident diabetes mellitus," said Wonjin Kim, M.D., Ph.D., of CHA Gangnam Medical Center and associate professor at CHA University School of Medicine in Seoul, South Korea.

Kim and colleagues collected data from 8,816 of 10,030 healthy participants of the ongoing Korean Genome and Epidemiology Study (KoGES)-Ansung and Ansan Cohort Study. They identified diabetes cases and sleep duration and quality. Sleep duration was categorized into four groups:

"Even if [sleep duration](#) is less than 10 hours, the likelihood of developing diabetes is greater when quality of sleep decreases," Kim said.

More information: Conference livestream at endomediastream.com.

Provided by The Endocrine Society

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