ABSTRACT

Purpose: This study aimed to identify and quantify the association between sleep disorders and risk factors associated with type 2 diabetes mellitus (T2DM). The current research explored the prevalence of sleep symptoms and disorders among patients with T2DM to identify potential contributors to the disease and ultimately improve treatment outcomes.

Methods: A random stratified sampling framework was used to survey people from the first quarter to the third quarter. The survey included questions on demographics, patient characteristics, and comorbidity burden.

Results: Among patients with T2DM, the average age was 59.9 (SD=12.2), 59.5% were male, 24.4% were diagnosed within the past 10 years, 88.9% had health insurance, and 15.6% were current smokers. Poor sleep (both in quality and quantity) is associated with poor glycemic control and increased risk of type 2 diabetes mellitus. This study examined the prevalence of sleep disorders and self-reported sleep symptoms among patients with T2DM.

Conclusions: The prevalence of sleep disorders among patients with T2DM is high, and it is important for clinicians to understand the prevalence and risk factors associated with sleep disorders. Treatment strategies should consider addressing sleep disorders as a potential contributor to better glycemic control.