



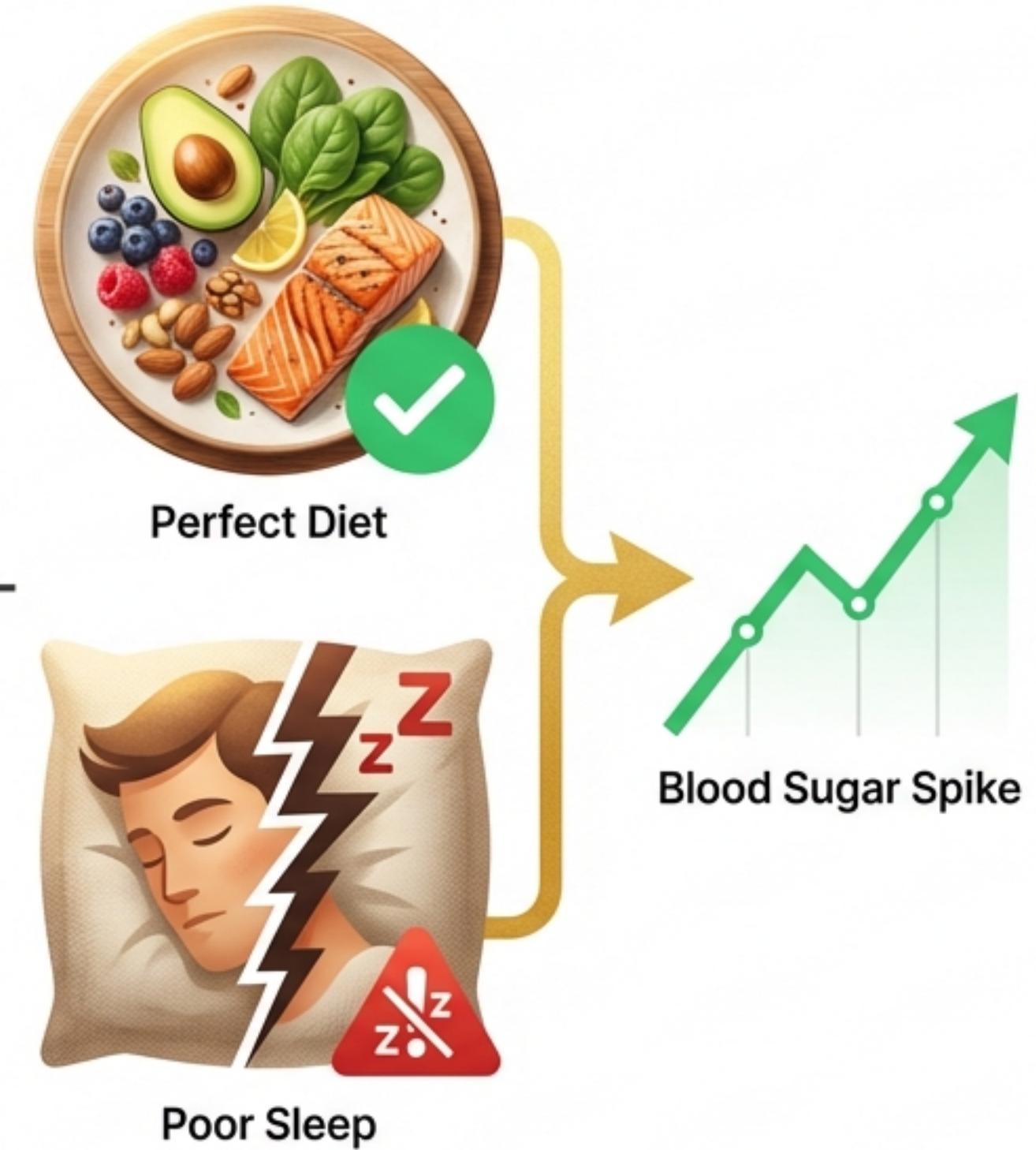
Sleep & Blood Sugar: The Hidden Connection

A 30-Day Field Guide to Understanding How
Rest Impacts Diabetes Management.

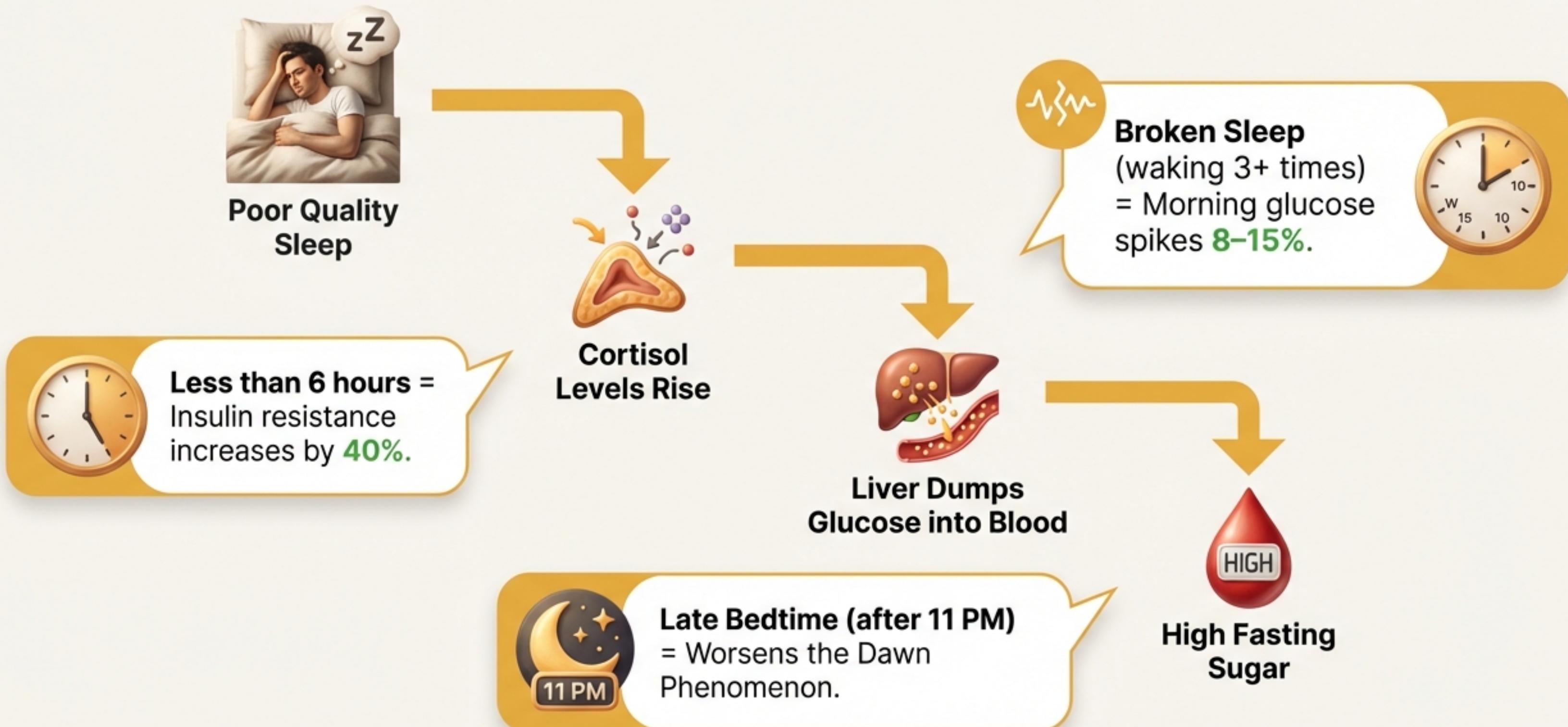
23%

Did you know? Poor sleep can raise your blood sugar by up to 23%—even if you eat perfectly.

While patients often focus strictly on carbohydrates and cardio, sleep is the missing piece of the puzzle. By tracking sleep and sugar together, you will uncover patterns your doctor might miss in a routine checkup.



The Science: What Happens When You Don't Sleep



The Ideal Sleep Profile



The Benefits

- ✓ 15% better HbA1c levels.
- ✓ Fewer sugar cravings during the day.
- ✓ More stable post-meal readings.
- ✓ Better medication effectiveness.

Target: Bedtime before 10:30 PM.

How to Use This Tracker

Total Time Commitment: 2 Minutes Per Day



Morning Routine

- Record fasting blood sugar.
- Rate sleep (**1-5**).
- Note total hours.
- Check for night wakings.

Evening Routine

- Note pre-dinner sugar (optional).
- Record energy level.
- Write one observation.

Weekly Review (5 Mins)

- Calculate averages.
- Identify patterns.

Decoding Sleep Quality

	Excellent: Woke refreshed, no night wakings, fell asleep easily.
	Good: Minor disturbance, woke once, mostly rested.
	Average: Woke 2-3 times, some tiredness, took time to fall asleep.
	Poor: Restless night, woke often, groggy morning.
	Very Poor: Barely slept, exhausted, can't function.

The Evening Menu: Eat This

Foods That Help Sleep & Blood Sugar



Warm Haldi Doodh:
Anti-inflammatory,
promotes sleep.



Small portion of Dal:
Contains Tryptophan for
melatonin production.



Handful of Almonds:
Magnesium content
promotes sleep.



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Magnesium content
promotes sleep.



Chamomile Tea:
Reduces anxiety with
zero sugar impact.



Methi Water:
Soaked overnight to
stabilize blood sugar.

The Danger Zone: Avoid That

- ⚠ **Chai/Coffee after 4 PM:** Caffeine half-life disrupts sleep for 6+ hours.
- 🚫 **White Rice at Dinner:** Spikes blood sugar at night.
- ⚠ **Sugary Desserts:** Causes energy crash, followed by a spike.
- ⚠ **Alcohol:** Disrupts deep sleep and raises glucose.
- 🚫 **Spicy Food:** Causes acid reflux which disturbs sleep.



Evening Rituals & Hygiene



No Heavy Meals after 8 PM:
Digestion interferes with rest.



Screen Curfew: No screens
1 hour before bed.



Temperature: Keep room
between 18-22°C (65-72°F).



Lighting: Dim lights immediately
after sunset.



Always consult your doctor before starting any supplement!

Supplements & Safety

Supplement	Benefit	Caution
Magnesium Glycinate	Improves sleep quality	Check kidney function
Ashwagandha	Reduces cortisol	May interact with thyroid meds
Melatonin	Resets sleep cycle	Start low dose (0.5mg)



The Daily Log: Template

A photograph of an open notebook. The left page is blank. The right page contains a form with a yellow border. The form includes fields for Date, Bedtime, Wake time, Total sleep hours, Sleep quality (1-5), Night wakings (#), Fasting blood sugar (with a green background), Energy level (1-5), and Notes.

Date:

Bedtime: | Wake time:

Total sleep hours:

Sleep quality (1-5):

Night wakings (#):

Fasting blood sugar: mg/dL

Energy level (1-5):

Notes:
.....
.....

Weekly Analysis: Finding Patterns

At the end of every 7 days, calculate your averages to find your personal baseline.

Weekly Averages

Average Sleep Hours: _____

Average Sleep Quality: _____

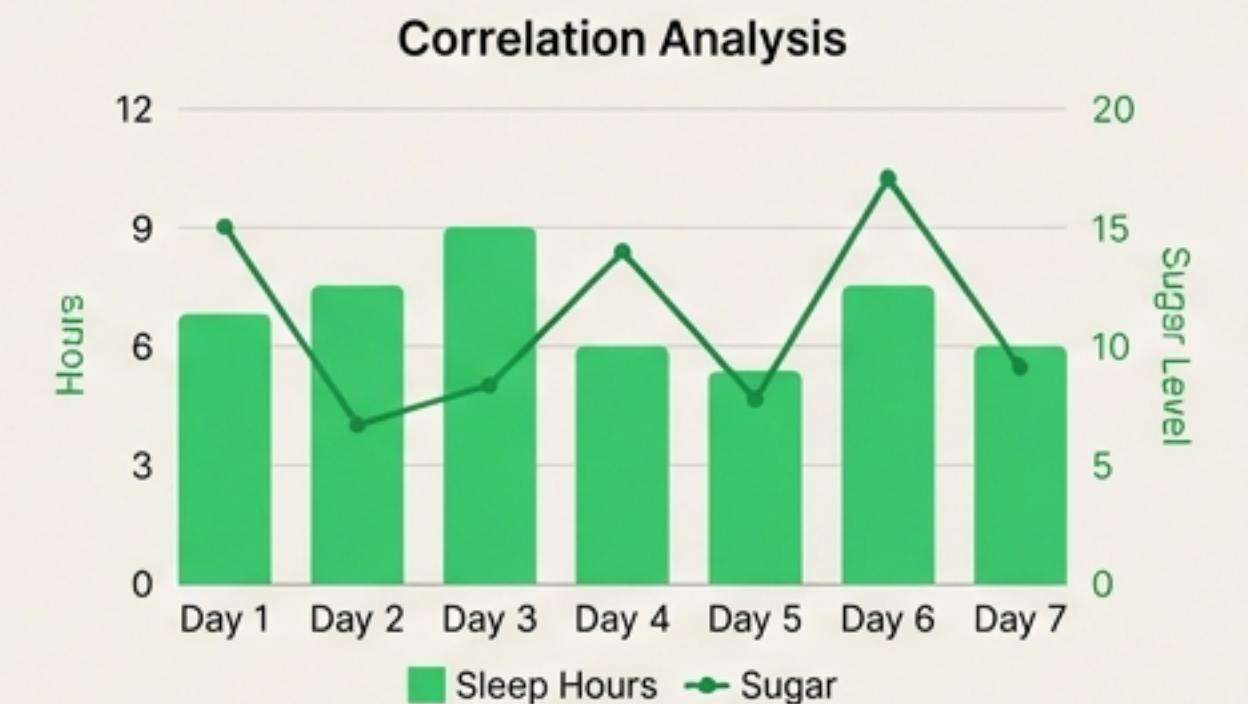
Average Fasting Sugar: _____

Pattern Recognition

My optimal sleep duration is...

When I sleep poorly, my blood sugar...

My top 3 sleep disruptors are...



When to See Your Doctor

Share this tracker with your doctor if you notice:

- Fasting sugar consistently above 130 mg/dL despite good sleep.
- Sleep quality doesn't improve after 2 weeks of good habits.
- Partner notices you stop breathing during sleep (Apnea signs).
- Frequent urination waking you at night (>2 times).
- Unexplained fatigue even with 7-8 hours sleep.

Ask about Sleep Apnea screening—it affects 50% of diabetics!



Resources & Learning

YouTube:
@Health_Gheware



Weekly videos on diabetes management.

Blog:
health.gheware.com/blog



In-depth articles.

Website:
health.gheware.com



Free tools and trackers.

Eat Well, Live Better – The Indian Way.

Medical Disclaimer

This tracker is for educational purposes only and does not constitute medical advice. Do NOT change your medications based on this tracker. Always consult your doctor or diabetes educator before making changes. Individual results vary. If you experience severe symptoms (blood sugar above 300 mg/dL or below 70 mg/dL), contact your healthcare provider immediately.

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