Stress, Sleep, and Your Sugar Levels

It’s not only food or exercise—stress and sleep play a big role in your blood sugar control.

When you’re stressed, your body releases hormones like cortisol and adrenaline. These can raise blood sugar, even if you haven’t eaten. Ongoing stress makes it harder for insulin to work, leading to higher sugar levels and complications.

Poor sleep has the same effect. Even one bad night can spike your sugars the next day. Long-term poor sleep can raise your risk of weight gain, insulin resistance, and mood problems like depression.

**What helps:**

* **Prioritize sleep:** Aim for 7–8 hours. Go to bed and wake up at the same time daily. Avoid screens and heavy meals before bed.
* **Breathe to relax:** Deep breathing, meditation, or prayer can calm stress hormones. Just 5 minutes a day helps.
* **Move gently:** Walks, yoga, or stretching ease tension and improve mood—no gym needed.
* **Talk it out:** Sharing with someone you trust can lower emotional stress right away.

Managing stress doesn’t mean avoiding all problems—it’s about helping your body respond better.

**Remember:** sugar levels rise not only with food, but also with worry, fatigue, and tension. Calming your mind is powerful medicine.