

SDB and Type 2 Diabetes

The term "sleep-disordered breathing" (SDB) refers to a condition where apnea's (when you stop breathing) and hypopnea's (when you have shallow breathing for a long period of time) are present during sleep. Approximately one in every five adults have SDB.

SDB is very common amongst patients with Type 2 Diabetes Mellitus, however it is largely undiagnosed. It is independently associated with insulin resistance, glucose intolerance and Metabolic Syndrome. When untreated, it leads to poor overall outcomes.

The accumulated research and *International Diabetes Federation* recognises that Type 2 Diabetic patients may be at risk of sleep apnea and should be screened as a standard part of diabetes management.

Evidence of Continuous Positive Airway Pressure (CPAP) therapy for Type 2 Diabetic patients suggest that those identified and treated for sleep apnea will have improved clinical outcomes. This CPAP treatment is safe, effective and non-invasive.

CPAP treatment can also improve cardiovascular function and reduce blood pressure in hypertensive patients. It may reduce the risk of cardiovascular disease and stroke.

If you would like us to conduct a sleep test in the comfort of your own home, please ask your doctor for a referral.

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