



Sleep Dynamics
Foundations of Great Sleep



Sleep Disordered Breathing and Obstructive Sleep Apnea are 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.

If you have any symptoms that could be associated with Sleep Apnea and you have Diabetes speak to your doctor today.

Call our friendly and informative
Sleep Team. Phone: (02) 4044 1260