



ABUNDANT
HEALTH
with Melissa

The Ultimate Sleep Guide for Women Aging with Diabetes

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Why Sleep Matters for Women with Diabetes



As we age, life's demands and hormonal changes can make restful sleep feel like a distant dream. For women managing diabetes, the stakes are even higher. **Sleep impacts everything—your blood sugar, hormones, weight, and energy.**

Let's dive into why sleep matters, the barriers you face, and actionable steps to help you reclaim your nights.

Quality sleep isn't just about feeling rested; it's a cornerstone of stable blood sugar and overall health. Poor sleep triggers cortisol, the stress hormone, which increases blood sugar, insulin resistance, and weight gain.

On the flip side, consistent, restful sleep:

- Regulates hormones
- Reduces insulin resistance
- Improves energy and motivation to maintain healthy habits

Aim for 7–8 hours of sleep each night to reset your body and mind.

A decorative graphic consisting of a series of stylized, bold, lowercase 'z' characters and dots arranged in a diagonal line from the bottom left towards the top right. The 'z' characters are of varying sizes and orientations, creating a sense of movement. The dots are small and solid black.

- Melatonin: Declines with age, making it harder to fall and stay asleep.
- Cortisol: Rises with stress and disrupts blood sugar and restful sleep.
- Estrogen: Declining levels can lead to hot flashes, poor temperature regulation, and disrupted sleep cycles.

The Sleep–Deprivation Domino Effect

- Blood sugar regulation, leading to more highs and lows
- Increased cortisol, driving weight gain and insulin resistance
- Poor decision-making around diet and exercise
- Thyroid and adrenal function, compounding hormonal imbalances

A close-up photograph of a woman lying down, her face partially obscured by two hands pressed against her eyes and nose. She is wearing a white t-shirt and a thick, cream-colored cable-knit blanket. The background is a plain, light-colored wall.

5 Quick Tips To Help You Sleep Better At Night



- 01 During the day, expose yourself to more bright light
- 02 Don't take long or irregular naps during the day
- 03 Keep a consistent sleep and wake up time..even on the weekends
- 04 Make your bedroom as comfortable as possible
- 05 In the evening, relax and clear your mind

10 Solutions to Improve Sleep

1. **Create a Cool, Dark Environment:** Lower the thermostat, use cooling sheets, and eliminate light pollution with blackout curtains or an eye mask.
2. **Ditch Electronics:** Remove all devices from your bedroom and avoid screen time 1–2 hours before bed.
3. **Set a Relaxing Bedtime Routine:** Dim lights, stretch, journal, or sip chamomile tea to wind down.
4. **Optimize Your Morning Routine:** Start your day with 25g of protein, hydrate, and get morning sunlight to regulate your circadian rhythm.
5. **Cut Back on Caffeine and Alcohol:** Especially in the afternoon and evening.
6. **Try Magnesium:** A natural relaxant that can ease your body into rest.
7. **Journal or Brain Dump:** Write down worries or to-dos earlier in the evening to clear your mind.
8. **Prioritize a Protein-Rich Dinner:** Helps stabilize blood sugar and avoid late-night crashes.
9. **Embrace Sleep-Inducing Practices:** Gentle yoga, deep breathing, or meditation can signal your body it's time to rest.
10. **Stick to a Consistent Schedule:** Go to bed and wake up at the same time daily to train your body for better sleep.

TAKING ACTION: START SMALL

Awareness is just the first step—action is where change happens. Choose two habits from the list above to start implementing today. Maybe it's creating a calming nighttime routine or cutting out late caffeine. Small, consistent changes lead to big results over time.

By prioritizing sleep, you're not just improving your nights—you're setting yourself up for better blood sugar control, weight management, and overall health. Sweet dreams!

YOUR GO TO

RESOURCE LIST

BLOG: NAVIGATING THE DAWN PHENOMENON: 8 STEPS TO MANAGE BLOOD SUGAR SPIKES

BY ARMING YOURSELF WITH KNOWLEDGE AND EMBRACING EMPOWERMENT, YOU CAN OVERCOME THE DAWN PHENOMENON AND MAINTAIN STABLE BLOOD SUGAR LEVELS THROUGHOUT THE EARLY MORNING.



BLOG: SLEEP MORE & WEIGH LESS...WHAT YOU REALLY NEED TO KNOW

DID YOU KNOW HOW CLOSELY RELATED YOUR SLEEP IS TO YOUR WAISTLINE? SOUNDS FUNNY I KNOW... BUT I'M HERE TO GIVE YOU THIS FRIENDLY SLEEP REMINDER. MANAGING DIABETES AND HORMONES BEGINS WITH A FEW BASICS, LIKE SLEEP.



EP 21: CRACKING DAWN PHENOMENON: HOW STRESS, SLEEP, AND DAILY HABITS DRIVE MORNING BLOOD SUGAR

EXPLORE THE BODY'S NATURAL RISE IN BLOOD SUGAR DURING SLEEP AND ITS IMPACT ON TYPE ONE DIABETES.

