

Sleep Well, Live Well

How Stress and Sleep Affect Your Risk for Diabetes

Video 8



Let's Start with a Question...

How many of you slept
less than 6 hours last night?

7–9

hours adults
need nightly

1 in 3

adults don't
get enough sleep



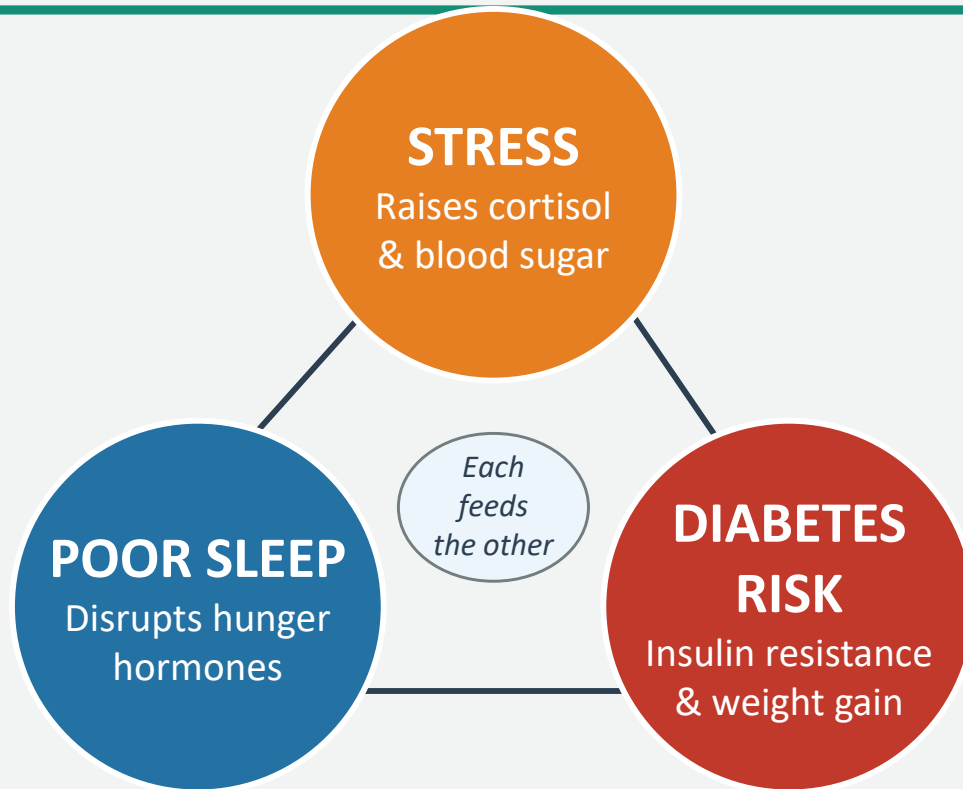
Poor sleep raises
diabetes risk



Stress → Sleep → Diabetes: They're All Connected

**Breaking ANY
link in this cycle
can protect
your health!**

You don't have to
fix everything.
Just start with
one small change.



What Stress Does to Your Body



45% higher risk of type 2 diabetes with high chronic stress

Long-term stress is the most harmful.

Financial worry, family stress, and daily pressures can build up in your body over time.

What Happens When You Don't Sleep Enough

2x

more risk
of diabetes
(less than
6 hrs/night)

More Hunger



Crave sweets & carbs

More Stress



Tired = harder to cope

Higher Blood Sugar



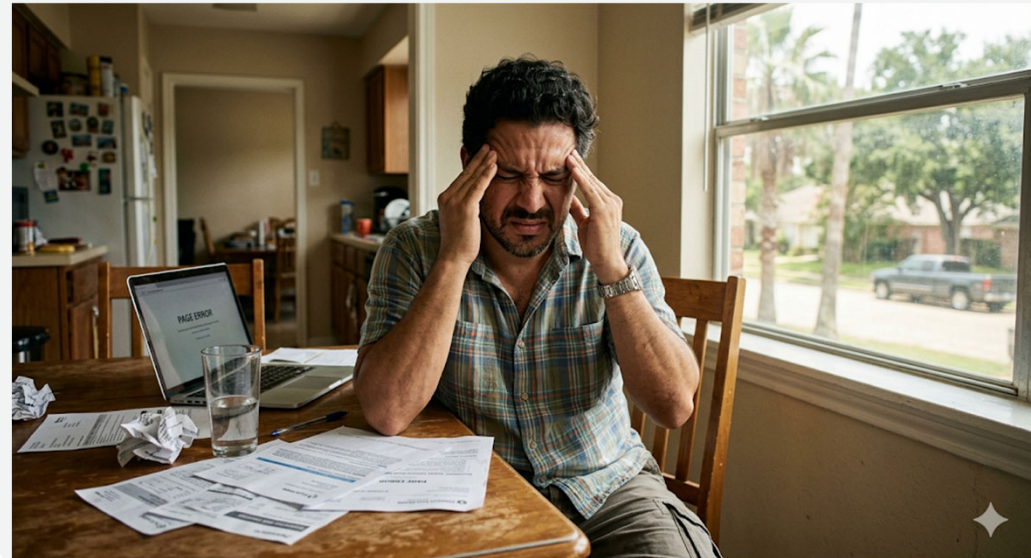
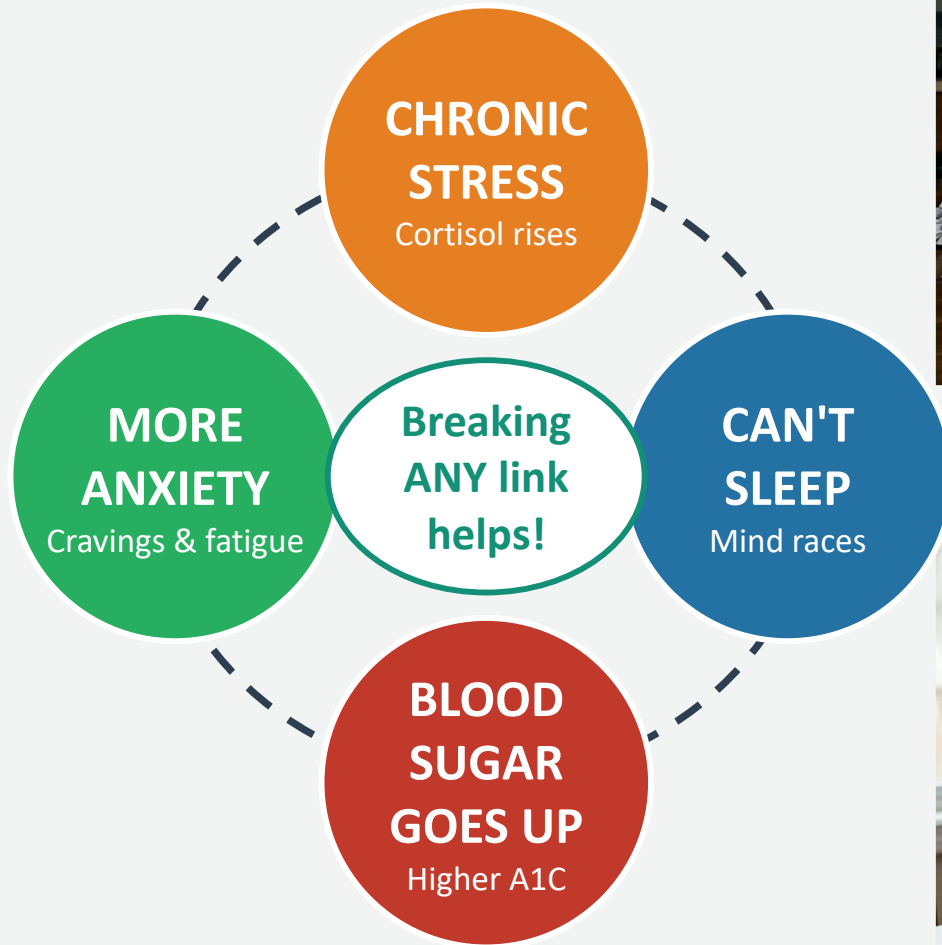
Even after one bad night

Harder to Exercise



Low energy all day

It Becomes a Cycle...



Who Is Most at Risk?



Hispanic / Latino Community

2× more likely to develop diabetes



Night & Shift Workers

Body clock is disrupted



Caregivers & Parents

Sleep interruptions + daily stress



Financial Stress

Strongest predictor of sleep problems



How much is enough sleep?

Children (6–12)

9–12 hours

Teens (13–18)

8–10 hours

Adults (18–64)

7–9 hours

Older Adults (65+)

7–8 hours



What Good Sleep Looks Like



Signs of Good Sleep

- Fall asleep within 20 min
- Sleep through the night
- Wake up feeling rested
- Alert without extra caffeine
- Good mood & focus

Simple Steps That Really Help

**Same Bedtime
Every Night**



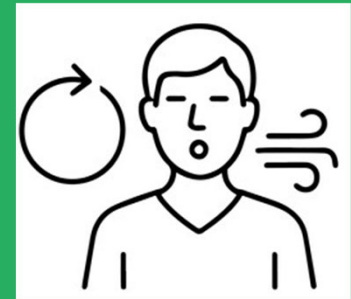
Trains your body clock

**No Phones
30 Min Before Bed**



Blue light blocks sleep

4-7-8 Breathing



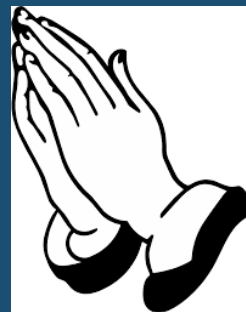
Breathe in 4, hold 7, out 8

10-Min Walk Daily



Lowers cortisol same day

Prayer / Community



Connection reduces stress

No Caffeine After 2pm



Protects deep sleep



Your CHW can help **CONNECT** you
to resources to break this cycle –
one step at a time

- Connect you with free or low-cost medical care
- Help you build a personal sleep & stress plan
- Refer you to mental health & community resources
- Educate you in your language, at your pace
- Walk alongside you - every step of the way

Set GOALS to Protect Your Health!

One small step tonight can begin to break the cycle.

TONIGHT

Try the 4-7-8 breathing technique before bed.

Inhale 4 sec →
Hold 7 sec →
Exhale 8 sec

Repeat 3 times.

THIS WEEK

Set a consistent bedtime and stick to it for 7 days.

Tell a family member your goal - sharing makes it easier to keep!

Let your CHW help you set goals that fit YOUR life!

Remember:

- ✓ Diabetes care includes mind AND body
- ✓ Sleep and stress ARE controllable
- ✓ Small changes = big results over time
- ✓ You are not alone - support is here

**¡Gracias!
Thank You!**



References

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