

Patient's Name \_\_\_\_\_ M / F  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

DOCTORS USE ONLY

<input type="checkbox"/> Home Sleep Study	<b>SPECIALIST REFERRALS ONLY</b>
<input type="checkbox"/> Diagnostic Sleep Study	<input type="checkbox"/> CPAP titration (Initial)
<input type="checkbox"/> Diagnostic Sleep Study with Mandibular Device	<input type="checkbox"/> CPAP review study
	<input type="checkbox"/> MSLT / MWT
	<input type="checkbox"/> Bi-level ventilation study

CLINICAL HISTORY / INDICATIONS

<input type="checkbox"/> Snoring	<input type="checkbox"/> Hypertension
<input type="checkbox"/> Daytime Somnolence	<input type="checkbox"/> Obesity
<input type="checkbox"/> Witnessed Apnoeas	<input type="checkbox"/> Type II Diabetes

SLEEP / RESPIRATORY PHYSICIAN REVIEW?  
With Dr. \_\_\_\_\_

REFERRING DOCTOR DETAILS (include provider number)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Provider Number \_\_\_\_\_

Signature \_\_\_\_\_

Date of Referral \_\_\_\_\_

## Sleep and Diabetes

- More than 50% of people who have type 2 diabetes have Sleep Disorders
- Successful treatment of Sleep Disorders results in long term improved glycemic control
- Insulin sensitivity reductions can occur within 48 hours of commencing sleep therapies

## WHEN SHOULD I SEE A HEALTHCARE PROFESSIONAL?

*Occasional disturbances in sleep can happen to anyone and generally do not require medical intervention.*

Serious sleep problems can affect your daily functioning, relationships and sense of wellbeing.

When a sleep problem results in disruption in one or more of these areas, it may be time for you to consult with a healthcare professional.



THORACIC &  
SLEEP GROUP  
QUEENSLAND

Thoracic and Sleep Group (QLD) provides full state-of-the-art services for the diagnosis, treatment and long term management of all sleep and respiratory disorders.

**Your doctor can refer to one of our specialists if you are concerned you have a sleep disorder**

**Dr Andrew Scott**

Ph (07) 3876 8405 Fax (07) 3870 3212  
scott.reception@tsgq.com.au



Accredited for compliance with the Australasian Sleep Association  
Standards for Sleep Disorders Services

## People caring for how you *breathe* and *sleep*.

If your doctor requires you to have a diagnostic sleep study this can be done at the following locations.

**All Sleep Centres Enquiries and Bookings**  
Ph 07 3870 1120 or 1800 119 446  
Fax 07 3870 0233 Email admin@tsgq.com.au

**The Wesley Hospital Sleep Disorders Centre**  
The Wesley Hospital, Suite 2&3, Level 9  
Evan Thomson Building, 24 Chasely Street  
Auchenflower Qld 4066

**The Sunshine Coast Sleep Disorders Centre**  
Nambour Selangor Private Hospital  
62 Netherton St, Nambour Qld 4560

# Sleep and Diabetes



THORACIC &  
SLEEP GROUP  
QUEENSLAND

This brochure will identify what to be aware of if you are a diabetic with poorly controlled diabetes or experience trouble sleeping.

For more information on Sleep and Diabetes, visit our website.

www.thoracicansleep.com.au





## BACKGROUND OF SLEEP DISORDERS AND DIABETES

Recent research into diabetes and sleep disordered breathing has shown they may be linked.

The Sleep Heart Health Study has shown:

- More than 50% of people with type 2 diabetes have a sleep disorder.
- Of this 50% one third will have obstructive sleep apnoea.
- 58% of people with diabetes will experience some form of sleep disturbance.

Sleep Apnoea is the cessation of breathing throughout the night. In severe cases these stoppages in breathing can occur hundreds of times per night.

Sleep Apnoea has established co-morbidities with other disorders and diseases, including heart disease, stroke & obesity.

Diabetes is the disease where the human body is unable to break down sugars in the blood.

There are two main types of Diabetes:

- Type 1 diabetes requires management through self administered insulin injections.
- Type 2 diabetes can be controlled by proper diet and exercise.

## MEDICAL RESEARCH

Studies indicate that up to **40% of people with Obstructive Sleep Apnoea (OSA) will have diabetes**. Even patients with mild OSA were considerably more likely to have significantly lower sensitivity to insulin than those without OSA.

Additional research in glucose-insulin indicate that the hypoxemia (lack of oxygen in the body) and/ or fragmentation of sleep associated with OSA cause physiological stress. **This stress reduces the body's ability to metabolise glucose playing a major role in developing insulin resistance.**

The association between diabetes, insulin resistance, metabolic syndrome and OSA is not totally dependent on weight. It is however recognised that being overweight can play a major role in developing all of the above conditions.

## TREATMENTS

Treatment of sleep disordered breathing with the use of Continuous Positive Airway Pressure (CPAP) therapy has been found to impact on the insulin sensitivity.

Studies show that **patients with poorly controlled Diabetes gain greater control** over management of blood glucose and insulin levels following successful treatment.

Treatment results can be noted within as little as **48 hours of commencing CPAP** therapy.

## HEALTHCARE PROFESSIONALS

The International Diabetes Federation recommends that healthcare professionals need to be aware, educated and trained about the links between the two conditions.

## SCREENING FOR SLEEP DISORDERS

*Routine Screening policies should include:*

- (1) Neck & waist circumference
- (2) Body mass index (BMI)
- (3) Blood pressure
- (4) Diagnostic Sleep Study
- (5) Specialised Endocrine blood screens
- (6) Fasting lipids, HbA1C

Patients with Type 2 diabetes should be screened for sleep apnoea using a diagnostic sleep study.

Some common symptoms are:

- Daytime sleepiness and fatigue
- Waking-up groggy and unrefreshed
- Morning headaches
- Depression, low mood, irritability
- Getting up to go to the bathroom at night & nocturnal thirst
- Short temper or easily aggravated
- Low libido or impotence
- Poor memory and concentration
- Loud snoring
- Poorly controlled diabetes

**ARE YOU CONCERNED  
THAT YOU MIGHT HAVE  
A SLEEP DISORDER?**

**PLEASE FILL YOUR DETAILS  
OUT ON THE BACK  
AND GIVE IT TO YOUR  
GP FOR A REFERRAL TO  
OUR SLEEP CLINIC.**

