The role of sleep duration in diabetes and glucose control

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Sleep curtailment is common in the Westernised world and coincides with an increase in the prevalence of type 2 diabetes mellitus (T2DM). This review considers the recently published evidence for whether sleep duration is involved in the development of T2DM in human subjects and whether sleep has a role to play in glucose control in people who have diabetes. Data from large, prospective studies indicate a U-shaped relationship between sleep duration and the development of T2DM. Smaller, cross-sectional studies also support a relationship between short sleep duration and the development of both insulin resistance and T2DM. Intervention studies show that sleep restriction leads to insulin resistance, with recent sleep extension studies offering tantalising data showing a potential benefit of sleep extension on glucose control and insulin sensitivity. In people with established diabetes the published literature shows an association between poor glucose control and both short and long sleep durations. However, there are currently no studies that determine the causal direction of this relationship, nor whether sleep interventions are likely to offer benefit for people with diabetes to help them achieve tighter glucose control.

Abbreviation: HR, hazard ratio; T2DM, type 2 diabetes mellitus.
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developing T2DM, studied over varying lengths of follow-up\textsuperscript{7–16}. Details of their study design and outcomes are shown in Table 1. Several big studies in the USA and Germany have shown a U-shaped association between sleep duration and increased risk of T2DM\textsuperscript{7–9}. The studies relied on subjective measures, with sleep duration self-reported at baseline, and T2DM incidence was mainly by self-report of physician’s diagnosis. Using 7 h sleep duration per night as a reference category, those with shorter and longer sleep duration were significantly more likely to develop T2DM over the follow-up period of 5–15 years (risk estimates ranging between 1·47 and 1·95 for short sleep duration, and between 1·40 and 3·12 for long sleep duration). Regression models employed in the analysis were adjusted for many potential confounders, mainly: age, physical activity, BMI, alcohol consumption, ethnicity, education, marital status, depression and history of hypertension. Not all studies have shown this U-shaped relationship however. A large Australian study of >192 000 adults used information recorded in medical insurance and reported a positive association between adults used information recorded in medical insurance relationship however. A large Australian study of >192 000 city, education, marital status, depression and history of duration). Regression models employed in the analysis were however adjusted for fasting plasma glucose, an integral feature of the outcome measure, T2DM. This leads to a statistical phenomenon known as mathematical coupling thus rendering the result spurious\textsuperscript{19,20}. Extending the understanding of the relationship between sleep duration and risk of T2DM the impact of a change in sleep duration over time has also been investigated. In the Whitehall II study in the UK, change in sleep duration was calculated for participants without diabetes at the beginning and end of four 5-year cycles and T2DM incidence was observed at the end of the subsequent cycle\textsuperscript{13}. Another, rather convoluted, prospective study (the Nurses’ Health study) examined whether historic changes in women’s sleep duration over the preceding 14 years was associated with developing T2DM over the subsequent 12-year follow-up\textsuperscript{16}. In both studies, logistic regression models showed higher risk of developing T2DM in participants with chronic short sleep duration ($\leq$5·5–6 h; Whitehall II study OR 1·35, 95% CI 1·04, 1·76; Nurses’ Health study HR 1·10, 95% CI 1·001, 1·21) and in those with an increase of $\geq$2 h sleep duration (Whitehall II study OR 1·65, 95% CI 1·15, 2·37; Nurses’ Health study HR 1·15, 95% CI 1·01, 1·30) compared with those who maintained 7–8 h sleep duration. After adjusting for BMI both associations were attenuated, suggesting that BMI is a mediator in the association. These studies suggest that the adverse metabolic influence of short sleep duration may not be ameliorated by increasing sleep duration later in life.

Taken together, these large prospective studies which include both men and women, and a wide range of ages show that a U-shaped relationship exists between self-reported sleep duration and the development of T2DM. Given the increasing societal pressures to sleep less, these data are very persuasive of short sleep duration being implicated in the co-existent T2DM epidemic.

\textbf{Evidence from cross-sectional studies}

Whilst they do not carry the same weight as prospective studies, there have been several recent cross-sectional studies that suggest there may be some key sociodemographic factors that influence the relationship between sleep duration and T2DM, and these are summarised in Table 2. Again a U-shaped association between sleep duration (over a 24 h period) and T2DM was observed in 130 943 adults, aged 18–85 years, using data from the National Health Interview Survey from 2004 to 2011\textsuperscript{21}. However, short and long sleep durations were more strongly associated with T2DM in white participants than in black. Adjustment for socioeconomic status and other health behavioural factors attenuated the associations in both groups and remained significant only in white participants. An additional cross-sectional study using the National Health Interview Survey data, from years 2004 to 2005, also reported a U-shaped association between sleep duration and T2DM\textsuperscript{22}. A Chinese study showed that longer sleep duration over a 24 h period was positively associated with having the metabolic syndrome and T2DM, but only in women\textsuperscript{23}. Objectively measured sleep duration (using wrist actigraphy) showed a significant association between shorter sleep duration...
Table 1. Prospective studies on sleep duration and the risk of developing type 2 diabetes mellitus (T2DM)

<table>
<thead>
<tr>
<th>Author, year</th>
<th>Country</th>
<th>Participant</th>
<th>Study design</th>
<th>Exposure</th>
<th>Outcome</th>
<th>Result</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gangwisch et al., 2007&lt;sup&gt;(8)&lt;/sup&gt;</td>
<td>USA</td>
<td>8992 adult aged 32–68 years from the NHANES I</td>
<td>Prospective cohort</td>
<td>Subjective nighttime sleep duration</td>
<td>T2DM incidence over 8–10 years follow-up period</td>
<td>U-shaped associations</td>
<td></td>
</tr>
<tr>
<td>Yaggi et al., 2006&lt;sup&gt;(7)&lt;/sup&gt;</td>
<td>USA</td>
<td>1564 men aged 40–70 years from the Massachusetts Male Aging study</td>
<td>Prospective cohort study</td>
<td>Subjective nighttime sleep duration</td>
<td>T2DM incidence over 15-year follow-up period</td>
<td>U-shaped associations</td>
<td></td>
</tr>
<tr>
<td>Kowall et al., 2016&lt;sup&gt;(9)&lt;/sup&gt;</td>
<td>Germany</td>
<td>4814 adults aged 45–75 years from the Heinz Nixdorf Recall study</td>
<td>Prospective cohort study</td>
<td>Subjective nighttime sleep duration</td>
<td>T2DM incidence over 5-year follow-up period</td>
<td>U-shaped associations</td>
<td></td>
</tr>
<tr>
<td>Holliday et al., 2013&lt;sup&gt;(10)&lt;/sup&gt;</td>
<td>Australia</td>
<td>192 728 adults aged ⩾45 selected from medical insurance database</td>
<td>Prospective cohort study</td>
<td>Subjective sleep duration</td>
<td>T2DM incidence over a mean follow-up period of 2.3 years</td>
<td>Positive association, only short sleep duration</td>
<td>Diabetes incidents extracted from hospital admission or mortality electronic records, short follow-up period</td>
</tr>
<tr>
<td>Rafelson et al., 2010&lt;sup&gt;(11)&lt;/sup&gt;</td>
<td>USA</td>
<td>363 participants; 91 cases, 272 controls, aged 35–79 years</td>
<td>nested case-control</td>
<td>Subjective sleep duration (weekdays only)</td>
<td>Impaired fasting glucose</td>
<td>Positive association, only short sleep duration</td>
<td></td>
</tr>
<tr>
<td>Tuomilehto et al., 2009&lt;sup&gt;(14)&lt;/sup&gt;</td>
<td>Finland</td>
<td>522 participants aged 40–64 years without diabetes randomly allocated either to a study arm or to a control arm</td>
<td>Two Prospective cohorts based on arms of a randomised controlled trial</td>
<td>Subjective sleep duration</td>
<td>T2DM incidence over 7-year follow-up period</td>
<td>Positive association, only long sleep duration</td>
<td>Only in the control arm cohort</td>
</tr>
<tr>
<td>Gutiérrez-Repiso et al., 2014&lt;sup&gt;(12)&lt;/sup&gt;</td>
<td>Spain</td>
<td>1145 randomly selected participants aged 16–65 years from the Pizzara study</td>
<td>Prospective cohort</td>
<td>Subjective nighttime sleep duration</td>
<td>T2DM incidence at 6 and 11 years follow-up</td>
<td>Positive association only at 6-year follow-up</td>
<td>Change in sleep duration over the 11-year follow-up</td>
</tr>
<tr>
<td>Kita et al., 2012&lt;sup&gt;(13)&lt;/sup&gt;</td>
<td>Japan</td>
<td>3570 adults aged 35–55 years</td>
<td>Prospective cohort</td>
<td>Subjective sleep duration and sleep quality</td>
<td>T2DM incidence after 2-year follow-up</td>
<td>Positive spurious association</td>
<td>Statistical issues</td>
</tr>
<tr>
<td>Ferrie et al., 2015&lt;sup&gt;(15)&lt;/sup&gt;</td>
<td>UK</td>
<td>5613 adults aged 35–55 years from the Whitehall II study</td>
<td>Prospective cohort, four 5-year cycles</td>
<td>Change in nighttime sleep duration in the following cycle</td>
<td>T2DM incidence at the end of subsequent cycle</td>
<td>Positive association, increase ⩾2 h</td>
<td>Association could be mediated by weight gain</td>
</tr>
<tr>
<td>Cespedes et al., 2016&lt;sup&gt;(16)&lt;/sup&gt;</td>
<td>USA</td>
<td>59 031 middle aged to old women without diabetes</td>
<td>Prospective cohort study</td>
<td>Change in sleep duration over 14 years</td>
<td>T2DM incidence over 12-year follow-up period</td>
<td>Positive association, increase ⩾2 h</td>
<td>Association only with increase in sleep duration ⩾2 h/d. Change in sleep duration from a historic baseline to time of enrolment</td>
</tr>
</tbody>
</table>
and having impaired fasting glucose and diabetes, but did not find any ethnic differences in a multi-ethnic study. A selection of both observational and intervention studies have recently explored the relationship between sleep duration and measures of insulin resistance and these are summarised in Table 3.

Evidence from cross-sectional studies

A small study compared the self-reported sleep duration in insulin-resistant individuals (n = 35) with that seen in insulin-sensitive individuals (n = 21). Those with insulin resistance slept 43 min less per night (P = 0.018). The study also found that 60% of insulin-resistant participants slept <7 h in comparison with only 24% of insulin-sensitive participants (P = 0.013), though no adjustment for potential confounders was performed.

Whilst observational studies are of interest, it is well-designed interventional studies that really help us understand the role of sleep duration in the development of insulin resistance and glucose tolerance. There have been a cluster of these published recently looking at the metabolic effects of both sleep restriction and sleep extension.

Evidence from sleep restriction clinical studies

Multiple small laboratory-based crossover studies on healthy young participants have looked at the effect of sleep restriction on insulin sensitivity and glucose tolerance. Sleep restriction was associated with reduced insulin sensitivity in all the studies (except one), with reduced glucose tolerance in one of them. The study that found no effect on glucose or insulin aimed to...
<table>
<thead>
<tr>
<th>Author, year</th>
<th>Country</th>
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<th>Result</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liu et al., 2013(25)</td>
<td>USA</td>
<td>Fifty-six non-diabetic overweight–obese participants</td>
<td>Cross sectional</td>
<td>Subjective sleep duration</td>
<td>Insulin sensitivity</td>
<td>Positive association</td>
<td>Only P-values reported</td>
</tr>
<tr>
<td>Broussard et al., 2012(26)</td>
<td>USA</td>
<td>Seven young healthy participants</td>
<td>Crossover clinical study</td>
<td>Sleep restriction</td>
<td>Insulin sensitivity</td>
<td>Positive association</td>
<td></td>
</tr>
<tr>
<td>Nedeltcheva et al., 2009(27)</td>
<td>USA</td>
<td>Eleven young-middle aged healthy participants</td>
<td>Crossover clinical study</td>
<td>Sleep restriction</td>
<td>Insulin sensitivity and glucose tolerance</td>
<td>Positive association</td>
<td></td>
</tr>
<tr>
<td>Wang et al., online2016(28)</td>
<td>USA</td>
<td>Fifteen young healthy non-obese participants</td>
<td>Crossover clinical study</td>
<td>Time-in-bed restriction by 1–3 h for three nights</td>
<td>Insulin sensitivity and glucose tolerance</td>
<td>Positive association</td>
<td>No association with glucose tolerance</td>
</tr>
<tr>
<td>Donga et al., 2010(29)</td>
<td>The Netherlands</td>
<td>Nine healthy participants, mean age 44 ± 6 years</td>
<td>Crossover clinical study</td>
<td>Sleep restriction</td>
<td>Insulin sensitivity</td>
<td>Positive association</td>
<td></td>
</tr>
<tr>
<td>St-Onge et al., 2012(30)</td>
<td>USA</td>
<td>Twenty-seven healthy young non-obese adults</td>
<td>Crossover clinical study</td>
<td>Time in bed restricted to 4 h</td>
<td>Insulin sensitivity</td>
<td>No association</td>
<td>Participants had controlled diet and lost weight during the study Absence of an overall effect of sleep restriction on insulin sensitivity</td>
</tr>
<tr>
<td>Robertson et al., 2013(31)</td>
<td>UK</td>
<td>Nineteen healthy young lean men</td>
<td>Randomised controlled trial</td>
<td>Around 1.5 h sleep restriction per night for 3 weeks</td>
<td>Insulin sensitivity</td>
<td>Positive association only at the end of first week</td>
<td>Moderate correlation between relative change in sleep duration and relative change in fasting glucose and insulin levels</td>
</tr>
<tr>
<td>Broussard et al., 2016(32)</td>
<td>USA</td>
<td>Nineteen healthy young lean men</td>
<td>Crossover clinical study</td>
<td>2 d of catch-up sleep</td>
<td>Recovery of insulin sensitivity</td>
<td>Positive association</td>
<td></td>
</tr>
<tr>
<td>Leproult et al., 2018(33)</td>
<td>Belgium</td>
<td>Sixteen healthy young non-obese adults with chronic sleep restriction</td>
<td>Crossover clinical study</td>
<td>Around 1 h sleep extension per night for 6 weeks</td>
<td>Fasting glucose and insulin levels</td>
<td>No difference in pre- and post-intervention levels</td>
<td></td>
</tr>
</tbody>
</table>

Table 3. Studies on sleep duration and development of insulin resistance
determine the hormonal effects of restricting sleep duration under controlled feeding conditions\(^{(30)}\). A controlled diet was provided and the participants lost weight in both the habitual and short sleep phases. It is possible that in the context of negative energy balance, acute short sleep duration does not lead to a state of increased insulin resistance. These studies were all performed in controlled laboratory-based environments and explored acute and often severe sleep restriction. One recent study has examined participants in their home environment to determine if milder and more chronic sleep restriction, akin to daily life, has a role to play\(^{(31)}\). Nineteen healthy, young, normal-weight men with habitual sleep durations of 7-0.7-5 h and no sleep disturbances were randomised to either study arm (1.5 h reduction in habitual bedtime) or control arm (habitual bedtime) for 3 weeks. Sleep restriction led to a decrease in insulin sensitivity at the end of first week but then recovered to baseline levels.

In summary, these intervention studies are showing that sleep restriction is associated with the development of insulin resistance and impairment of glucose tolerance. Whether these effects are short-lived adaptive responses to an acute stress, or whether they persist longer term and contribute to the risk of T2DM remains unclear.

**Evidence from sleep extension clinical studies**

Given that short sleep duration and sleep restriction are linked to the development of insulin resistance, it is timely that a couple of studies are starting to address whether sleep extension has beneficial effects on insulin and glucose metabolism.

The first, a crossover study\(^{(32)}\) showed that whilst insulin sensitivity deteriorates after acute sleep restriction it recovers after 2 d catch-up sleep. Under laboratory-controlled conditions participants had up to 8-5 h sleep per night for four consecutive nights and up to 4.5 h sleep for another four consecutive nights in a randomised order. After the nights of restricted sleep, participants had two catch-up nights of 10-12 h sleep. Participants had a 23\% decrease in insulin sensitivity after 4 d sleep curtailment compared with normal sleep. However, insulin sensitivity was restored after 2 d catch-up sleep. Although the study showed that catch-up sleep may reverse the negative impact of short-term sleep deprivation, the long-term impact of a repeated sleep deprivation and catch-up sleep cycles on diabetes risk is not known.

The second study investigated whether sleep extension in the home environment has a positive impact on glucose metabolism in healthy adults with chronic sleep curtailment\(^{(33)}\). Sixteen young healthy non-obese adults, mostly females, had 2 weeks habitual time in bed followed by 6 weeks 1 h/d extension time in bed. Glucose and insulin were assayed at the end of the two periods. During the intervention phase participants mostly went to bed an hour earlier and had higher sleep duration during weekdays but maintained the same sleep duration during weekends. The study indicated no significant difference between pre- and post-intervention fasting glucose and insulin levels, though no statistics were shown\(^{(34)}\). A moderate linear relationship was reported between the relative change in sleep duration and the relative change in fasting glucose \((r = +0.65, P = 0.017)\) and insulin levels \((r = -0.57, P = 0.053)\); however, we cannot quantify these relationships nor state if they were statistically significant, without a reported estimate measure of associations.

In conclusion, these sleep extension studies, offer tantalising data supporting a potential benefit of sleep extension on glucose control and insulin sensitivity. Much more work is clearly needed in this area.

**Association between sleep duration and glycaemic control in patients with diabetes**

Given the mounting evidence supporting a relationship between sleep duration and the development of insulin resistance and T2DM, it is relevant to consider whether sleep duration has an impact on glycaemic control in people with established diabetes. Most studies to date are cross-sectional with sample size ranging from as low as eighteen participants to as high as 8543 participants, and these are summarised in Table 4. Most of these studies assessed glycaemic control using HbA1c except one that used capillary glucose levels\(^{(35)}\). Sleep parameters were mainly self-reported except for three studies that measured sleep objectively using wrist actigraphy\(^{(35-37)}\).

**Evidence from cross-sectional studies using subjectively reported sleep duration**

Okhuma et al. showed that shorter and longer sleep durations were associated with a higher HbA1c level compared with a sleep duration of 6.5-7.4 h in T2DM patients (Fig. 2)\(^{(38)}\). Sleep duration including naps was self-reported. This U-shaped association was not attenuated after adjusting for BMI, total energy intake and depressive symptoms. A similar U-shaped relation was reported in a large Korean study, which included participants with both T1DM and T2DM\(^{(39)}\). The association between short sleep duration and poor glycaemic control was strongest for females and participants below the age of 65 years. However, these associations were attenuated after adjusting for BMI and waist circumference and no association was observed after further adjustment for treatment status, duration of diabetes, and daily energy intake. Conversely, only longer sleep duration was associated with poor glycaemic control in T2DM patients in a large Chinese\(^{(40)}\) and a smaller Taiwanese study\(^{(41)}\). Perceived sleep debt but not sleep duration was positively associated with HbA1c in African Americans with T2DM without diabetes complications and not using insulin\(^{(42)}\).

**Evidence from cross-sectional studies using objectively measured sleep duration**

Using wrist actigraphy to objectively measure sleep parameters for three consecutive days in the home environment, Trento et al. found no difference in sleep duration...
Table 4. Studies on sleep and glycaemic control in patients with diabetes

<table>
<thead>
<tr>
<th>Author, year</th>
<th>Country</th>
<th>Participant</th>
<th>Study design</th>
<th>Exposure</th>
<th>Outcome</th>
<th>Result</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ohkuma et al., 2013</td>
<td>Japan</td>
<td>4870 adults, aged ≥20 years with T2DM</td>
<td>Cross-sectional</td>
<td>Subjective sleep duration including naps</td>
<td>Glycaemic control (HbA1c)</td>
<td>U-shaped associations</td>
<td>J-shaped trend with HbA1c; stronger in females and in the younger age group (&lt;65 years). Association disappear after adjusting for more covariate in the logistic regression model</td>
</tr>
<tr>
<td>Kim et al., 2013</td>
<td>Korea</td>
<td>2134 adults, aged &gt; 20 years with T1DM or T2DM</td>
<td>Cross-sectional</td>
<td>Subjective daily sleep duration</td>
<td>Glycaemic control (HbA1c)</td>
<td>Positive associations</td>
<td>Only adjusted means and P-values reported but no estimate of association</td>
</tr>
<tr>
<td>Zheng et al., 2015</td>
<td>China</td>
<td>8543 adults, aged ≥40 years with T2DM or impaired glucose tolerance</td>
<td>Cross-sectional</td>
<td>Subjective nighttime sleep duration</td>
<td>Glycaemic control (HbA1c, FPG, PPG)</td>
<td>Positive association with long sleep duration</td>
<td>Participants with diabetic complication or major co-morbidities were excluded. association only with sleep efficiency and PSQI score of 8 or more but not sleep duration</td>
</tr>
<tr>
<td>Tsai et al., 2012</td>
<td>Taiwan</td>
<td>Forty-six adults, aged 43–83 years with T2DM</td>
<td>Cross-sectional</td>
<td>Subjective sleep duration and quality (PSQI)</td>
<td>Glycaemic control, HbA1c</td>
<td>Positive association</td>
<td>Sleep debt association only in participants without diabetic complication or not using insulin. Sleep quality only in participants with diabetic complication or using insulin association</td>
</tr>
<tr>
<td>Knutson et al., 2006</td>
<td>USA</td>
<td>161 African Americans, mean age 57 years with T2DM</td>
<td>Cross-sectional</td>
<td>Subjective sleep duration and sleep quality, modified PSQI and perceived sleep debt</td>
<td>Glycaemic control (HbA1c)</td>
<td>Positive association</td>
<td>Weak negative correlation with sleep efficiency and mild positive correlation with moving time while asleep. No estimate measures of association reported</td>
</tr>
<tr>
<td>Trento et al., 2009</td>
<td>Italy</td>
<td>Forty-seven middle-aged adults with T2DM and 23 healthy controls</td>
<td>Cross-sectional study</td>
<td>Objective sleep parameters; duration and quality using wrist actigraphy</td>
<td>Glycaemic control (HbA1c) in T2DM group</td>
<td>Positive association</td>
<td></td>
</tr>
<tr>
<td>Borel et al., 2013</td>
<td>France</td>
<td>Seventy-nine adults, median age 40 years with T1DM</td>
<td>Cross-sectional study</td>
<td>Objective sleep parameters using wrist actigraphy</td>
<td>Glycaemic control (HbA1c)</td>
<td>Positive association</td>
<td></td>
</tr>
<tr>
<td>Barone et al., 2015</td>
<td>Brazil</td>
<td>Eighteen young adult, aged 20–38 years with T1DM</td>
<td>Cross-sectional</td>
<td>Objective sleep measures using wrist actigraphy</td>
<td>Glycaemic control (average glucose from glucometer reading)</td>
<td>No association</td>
<td>Methodological issues</td>
</tr>
</tbody>
</table>

FPG, fasting plasma glucose; PPG, postprandial glucose; PSQI, Pittsburgh Sleep Quality Index; T2DM, type 2 diabetes mellitus.
between T2DM and control subjects\(^{36}\). T2DM sleep quality was found to correlate slightly with glycaemic control, while no correlation with sleep duration was reported. Conversely, Borel et al.\(^{37}\) shown that T1DM patients with shorter sleep duration (<6.5 h) had a higher HbA1c than those with longer sleep duration (>6.5 h); mean 8.5 v. mean 7.7 %; \(P = 0.001\). In an adjusted regression model shorter sleep duration was associated with 0.64 % increase in mean HbA1c level compared with longer sleep duration but no 95 % CI or \(P\)-value were reported. Participants with short sleep duration were also more likely to have obstructive sleep apnoea and as this was not considered in the analysis, part of the difference reported could be attributed to it.

Finally Barone et al.\(^{38}\) assessed the association between objectively measured sleep parameters using wrist actigraphy and glycaemic control using capillary glucose levels from glucometer in a group of eighteen young adults with T1DM\(^{35}\). They showed a positive correlation between the average amount of rest at night and both average glucose levels \(r = 0.5404; \ P = 0.0697\) and glycaemic variability \(r = 0.5706; \ P = 0.0527\). No estimate measure of the association nor adjustment for any potential confounders were made. Moreover, the average night rest duration was calculated from 10 d actigraphy, which may have included two weekends for some participants and only one weekend for others, and thus it will be inevitably incomparable between participants.

In summary, in people with diabetes there also appears to be evidence of an association between both short and long sleep durations and worse glucose control. However, these studies are cross-sectional and so evidence of causality cannot be inferred. A complicating factor when interpreting the relationship between glucose and sleep in people with diabetes is that extremely poor glucose control is well recognised to cause polyuria, polydypsia and nocturia meaning they are awake during the night. Reverse causality cannot be excluded in these studies as they do not distinguish the severity of glucose control and are likely to include participants experiencing some of these osmotic symptoms. Randomised clinical trials with exposure to sleep duration modification (restriction or extending) and robust methods of assessing temporal glucose across the 24 h day and night\(^{43}\) are needed to yield more definitive answers.

### Conclusions

The recently published literature of both observational and interventional studies strongly supports a role for both short and long sleep durations in the development of insulin resistance and T2DM. There are insufficient sleep intervention studies to determine whether this risk is modifiable long term. In people with established diabetes the published literature supports an association between poor glucose control and both short and long sleep durations. However, there are no studies that determine the causal direction of this relationship in people with diabetes, nor whether sleep interventions may offer benefit in achieving glucose control. This is a fertile field for future research.

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### Conflicts of interest

None.

### Authorship

E. S. gave the talk at the RSM and conceived the article. A. A. and E. S. drafted the original document. All authors reviewed and commented on the draft prior to developing the final document.

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http://www.natcen.ac.uk/media/29127/sleep-patterns-and-


