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Date revised: June 24, 2024

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Date coverage Full coverage from Dec 2021, plus updates to older items

Update frequency Daily (Monday to Friday) with a 6-8 week delay from the publication date

Geographic coverage International

Document types Working papers, Preprints

Sources MedRXiv and BioRXiv

Publisher

Elsevier
Radarweg 29
1043 NX Amsterdam, The Netherlands

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Evaluating the influence of sleep quality and quantity on glycemic control in adults with Type 1 Diabetes

Botella-Serrano, Marta; Velasco, J. Manuel; Sánchez-Sánchez, Almudena; Garnica, Oscar; Hidalgo, J. Ignacio. **medRxiv** (Jul 22, 2022)

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Abstract (summary) [Translate](#)

Background: Sleep quality disturbances are frequent in adults with type 1 diabetes. However, the possible influence of sleep problems on glycemic variability has not been deeply studied in the past. This study aims to assess the impact of sleep quality and sleep quantity on glycemic control. Materials and Methods: Observational study in 25 adults with type 1 diabetes, simultaneous recording of continuous glucose monitoring (Abbott FreeStyle Libre system) for 14 days, and a sleep study by wrist actigraphy (Fitbit Ionic device). The study analyzes, using artificial intelligence techniques, the relationship between the quality and structure of sleep with time in normo-, hypo-, and hyperglycemia ranges and with glycemic variability. The patients are also studied as a group, comparing patients with good and poor sleep quality. Several cluster analyses and correlational studies are performed Results: A total of 243 days/nights were analyzed, of which 77% (n=189) were categorized as poor quality and 33% (n=54) as good quality. Linear regression methods find a correlation (r=0.8) between the variability of sleep efficiency and the variability of mean blood glucose. With clustering techniques, patients were grouped according to their sleep structure (characterizing this structure from the number of transitions between the different sleep phases). These clusters show a relationship between time in range and sleep structure. Conclusions: This study suggests that poor sleep quality is associated with lower time in range and greater glycemic variability, so improving sleep quality in patients with type 1 diabetes could improve their glycemic control.

Indexing (details) Cite

Subject	actimetry; adult; artificial intelligence; blood glucose monitoring; cluster analysis; continuous glucose monitoring system; controlled study; correlational study; female; glucose blood level; glycemic control (major); human; hyperglycemia; insulin dependent diabetes mellitus (major); intermethod comparison; linear regression analysis; major clinical study; male; night; observational study; sleep efficiency; sleep quality (major); sleep time; wrist
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IF	Identifier (keyword)	Clustering Techniques, Glycemic Control, Sleep Structure
TI	Title	Evaluating the influence of sleep quality and quantity on glycemic control in adults with Type 1 Diabetes
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LA	Language	English
SL	Language of abstract	English
DTYPE	Document type	Working Paper/Pre-Print
PUB	Publication title	medRxiv
PSTYPE	Publication type	Working Papers
PBLOC	Publisher location	United States
DOI	DOI	http://dx.doi.org/10.1101/2022.07.20.22277229
NR	Number of references	30
PD, YR	Publication date	Jul 22, 2022
DCRE	Date created	2022-08-16
DSTAT	Document status	New
	Source attribution	Embase, © Publisher specific
AN	Accession number	2019602815
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	First available	2022-08-16
UD	Updates	2022-08-16
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