

3rd World Summit on **DIABETES**

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Efficiency of a nursing intervention in sleep hygiene in Prediabetes and diabetes mellitus 2: randomized controlled trial in primary care**Pujol Salud J***ICS- IDIAP-JGoI, Spain*

Poor quality sleep could induce problems in glucose metabolism and originate impaired fasting glycemia (IFG) and Type 2 diabetes (T2D). With the objective to determine the efficacy of a nursing educational intervention on sleep to improve the quality of sleep and the level of glycated hemoglobin A1c a parallel, open-label clinical trial in subjects with IFG or T2D and 18 and older who attended the nursing consultation of a Spanish Primary Care Center was performed. Study variables were sex, age, fasting glucose, glycated hemoglobin A1c, Pittsburgh Sleep Quality Index (PSQI), sleep duration and efficiency, BMI, antidiabetic treatment and modification of: treatment, diet, physical exercise and sleep hygiene. An individual informative education intervention was carried out following a bidirectional feedback method. It was intended to develop skills to improve sleep hygiene through 9 simple tips. An analysis of covariance was performed on all the mean centered outcome variables controlling for the respective baseline scores. After the intervention, in the experimental group, PSQI dropped, the duration of sleep increased and sleep quality improved. Further, a decrease in fasting glucose and in glycated hemoglobin A1c levels was observed. The proposed intervention has proven effective to improve sleep quality, time and efficiency and, in only 3 months, to achieve a better management of T2D reflected in a decrease in fasting glucose and glycated hemoglobin A1c levels. These findings support other studies that relate sleep quality to T2D and reinforce the importance of complementary therapies focused on improving sleep in subjects with T2D or IFG.