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Night Shift Work Makes Diabetes Control Difficult

People with type 2 diabetes have poorer control over their blood glucose levels when they work the night shift compared with those who work in the daytime or are unemployed, a new study finds. The study results showed that poor long-term glycemic, or blood sugar, control, was independent of what workers ate or any sleep problems they had.



Source: News Release

These new findings, from investigators in Thailand, expand on others' research showing that night shift work is associated with an increased risk for the development of diabetes.

"Previously, there were little data whether people who already have type 2 diabetes and work the night shift have trouble controlling their blood sugars," said Sirimon Reutrakul, M.D., the study's principal investigator and an associate professor at Mahidol University Faculty of Medicine, Bangkok. "Our study data raise awareness of the difficulty in diabetes control among night shift workers."

In the United States alone, nearly 6 million full-time employees work a permanent or rotating night shift, according to 2000 data from the Bureau of Labor Statistics.

Reutrakul and her colleagues studied 260 individuals with type 2 diabetes in Thailand: 62 night shift workers, 94 daytime workers and 104 unemployed individuals. The researchers determined the study participants' glycemic control by reviewing their medical records for recent measurements of hemoglobin A1C. The A1C test shows the average blood sugar level over the previous three months. Most people with diabetes should strive for an A1C level below 7 percent, according to the Hormone Health Network.

Night shift workers participating in the study reportedly had an average A1C of 8.2 percent, significantly higher than the 7.6 percent A1C for daytime workers and 7.5 percent A1C for participants who did not work. On questionnaires, night shift workers also reported shorter sleep duration, higher daily intake of calories and higher body mass index, or BMI (an estimate of body fat), than did the other two groups. Even after the researchers adjusted their statistical analyses for factors that could affect glucose metabolism, including sleep duration, dietary intake and BMI, the significant association between shift work and glycemic control remained, Reutrakul said.

"Diabetic individuals who work at night should pay special attention to managing their disease through healthy eating, regular exercise and optimal use of medications prescribed by their physician," Reutrakul recommended.

She also stressed the need to test interventions that may improve glycemic control in this patient group. Such interventions might include attempting to reduce the circadian misalignment, which is a disruption in the sleep-wake cycle, that occurs in night shift workers.

More Regular Sleep Schedule Equals Better Attention and Creativity

Skimping on sleep, followed by “catch-up” days with long snoozes, is tied to worse cognition — both in attention and creativity — in young adults, in particular those tackling major projects, Baylor University researchers have found.

“The more variability they showed in their night-to-night sleep, the worse their cognition declined across the week,” said study co-author Michael Scullin, Ph.D., director of Baylor’s Sleep Neuroscience and Cognition Laboratory and assistant professor of psychology and neuroscience in Baylor’s College of Arts & Sciences.

“When completing term projects, students restrict sleep, then rebound on sleep, then repeat,” he said. “Major projects which call for numerous tasks and deadlines — more so than for tests — seem to contribute to sleep variability.”



Source: News Release

The study of interior design students is published online in the *Journal of Interior Design*. It also has implications for art, architecture, graphic design and other disciplines that use a model of design studio-based instruction, researchers said.

Interior design is “a strange culture, one where sleep deprivation is almost a badge of honor,” said lead author Elise King, assistant professor of interior design in Baylor’s Robbins College of Health and Human Sciences.

Staying up late to work on a project is not seen as procrastination but considered by some students and faculty members to be a tradition and a normal part of studio-based curricula to prepare them for their careers, she said.

“Since the general public still doesn’t understand the profession of interior design, and mistakenly thinks we’re the same as decorators, there is a sense that you want to work harder and prove them wrong,” King said. “But recently, we’ve seen the consequences of that type of thinking: anxiety, depression and other mental health issues — and also the dangers of driving while sleep deprived.”

The study challenges a common myth — that “the best design ideas only come in the middle of the night,” King said. But researchers found the opposite — that “consistent habits are at least as important as total length of sleep,” Scullin said.

Irregular sleep is a negative for “executive attention” — intense focus for planning, making decisions, correcting errors and dealing with novelty. Erratic sleep also has a negative effect on creativity, the study found.

The National Sleep Foundation recommends that young adults have seven to nine hours of sleep each day. But for the 28 interior design students in the Baylor study, sleep was short and fragmented. Only one participant slept seven hours or more nightly; 79 percent slept fewer than seven hours at least three nights during the week.

“Most students think they’re getting about four more hours of sleep each week than they actually are,” Scullin said.

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#115 - 5050 Kingsway - (604) 432-9271

Abbotsford - June 5 to June 9, 2017
#105 - 1975 McCallum Rd. - (604) 746-2290

North & West Van - June 5 to June 9, 2017
#215 - 1433 Lonsdale Ave - (604) 985-1440



Richmond - June 5 to June 9, 2017
#180 - 7031 Westminster Hwy - (604) 278-1540

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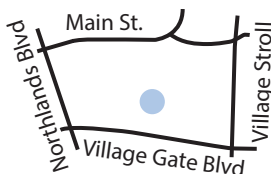
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Fisher & Paykel Healthcare's F&P Brevida mask, used in the treatment of obstructive sleep apnea (OSA), was an award winner in two prestigious product design competitions – the iF Design Awards and the Red Dot Design Awards.

The iF Design Awards, run annually since 1953 by iF International Forum Design GmbH, is considered one of the most respected competitions recognising outstanding design from around the world. This year's award had a panel of 58 judges assessing over 5,500 entries from a total of 59 countries. Designs were evaluated against a criteria of brand identity, usability/ergonomics and aesthetic/design quality.