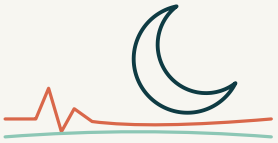
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Sleep & *Blood Sugar*

Why short sleep makes the curve spikier — and a 14-day sleep reset (incl. when to ask about sleep apnea)

GUIDE 07

EDITION 2026

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BEFORE YOU START

- This guide is educational. It is not medical advice and does not replace care from your own doctor.
- Erection problems can be an early sign of heart disease, diabetes or high blood pressure. Please book a checkup with your doctor.
- Get urgent care right away for chest pain, fainting, or an erection that lasts more than 4 hours.
- If you have heart disease or another health condition, ask your doctor before starting new exercise.
- **Diabetes medicines:** if you take medicine for diabetes (especially insulin or a sulfonylurea), changing how you eat or move can cause **low blood sugar**. Talk with your doctor before you change your routine, and never change a dose yourself.
- Not for people with type 1 diabetes or an eating disorder unless their care team is involved. If you have kidney disease, check protein targets with your doctor.
- Never stop or change any medicine without your doctor — including sleep medicines.

CHAPTER 1

Why short sleep makes the curve spikier

Most men think of sleep as rest for the brain. It is also a nightly service appointment for the metabolism. While you sleep, hormones that handle blood sugar, hunger and stress reset for the next day. When the night is cut short, that reset is incomplete.

Research links short or broken sleep with **worse blood-sugar control**. In sleep-lab studies, healthy volunteers who were kept to only a few hours of sleep for several nights became less sensitive to insulin — their bodies needed more insulin to move the same amount of sugar out of the blood. Large population studies also associate regular short sleep with a higher risk of type 2 diabetes, high blood pressure and extra belly fat.

In the language of this program, a short night tends to make the **After-Meal Window** spikier. The same breakfast may rise higher after five hours of sleep than after eight.



Three ways a short night shows up the next day

HUNGER

More appetite

Short sleep is linked with shifts in hunger hormones. Many men notice stronger cravings for sweet and starchy food.

ENERGY

Less movement

When you are tired, the after-meal walk and the movement snacks are the first habits to slip.

STRESS

Shorter fuse

Tiredness raises the feeling of stress, which is often followed by grazing in the evening.

Sleep matters for erectile health in its own right too. Researchers have linked poor sleep and untreated sleep apnea with ED, and testosterone levels rise during sleep. Better sleep is not a treatment, but it is part of the foundation.

Target. Health organizations recommend that adults get **7 to 9 hours** of sleep a night. Count time asleep, not time in bed scrolling.

CHAPTER 2

When to ask about sleep apnea

Obstructive sleep apnea means the throat narrows or closes again and again during sleep, so breathing stops for short moments and the brain wakes you briefly — often without you knowing. It is common in men, more common with a larger waist and with age, and it is associated with high blood pressure, type 2 diabetes and heart disease. It is also treatable, so it is worth checking.

! **Talk to your doctor if any of these apply.**

- [ ] Loud snoring most nights
- [ ] Someone has seen you stop breathing, gasp or choke in your sleep
- [ ] You feel very sleepy in the day even after a full night in bed
- [ ] You have nodded off while driving, reading or watching TV
- [ ] Morning headaches or a very dry mouth on waking
- [ ] High blood pressure that is hard to control

If you ever feel drowsy at the wheel, pull over somewhere safe and rest. Do not drive drowsy.

Your doctor may ask a few questions, measure your neck and blood pressure, and if needed order a sleep study — some can be done at home. Habits in this guide help sleep quality, but they do not replace a test if you have the signs above.

i **Note.** Trouble falling or staying asleep for months (insomnia) is also worth raising. A structured talk-based method called cognitive behavioral therapy for insomnia (CBT-I) is a recommended first step; ask your doctor where to find it.

CHAPTER 3

The 14-day sleep reset

This reset adds one small habit per day and keeps the previous ones going. The anchor is a **steady wake-up time**, seven days a week. Bedtime follows from it.

ONE HABIT A DAY FOR TWO WEEKS

DAY	NEW HABIT	DONE
1	Pick a wake-up time you can keep every day, including weekends	☐
2	Step outside for 5–10 minutes of daylight within an hour of waking	☐
3	Eat a protein breakfast (eggs, Greek yogurt, cottage cheese) instead of a pastry	☐
4	Set a lights-out time about 7½–8 hours before wake-up	☐
5	Last coffee or caffeinated soda by about 2 p.m.	☐
6	Do the 10-minute walk after dinner	☐
7	Review: which habit was easiest? Which one was hardest?	☐
8	Finish dinner about 2–3 hours before bed	☐
9	Bedroom cool (around 65–68 °F / 18–20 °C), dark and quiet	☐
10	No alcohol in the 3 hours before bed	☐
11	Screens off and phone charging outside the bedroom 30 minutes before lights out	☐
12	If awake more than ~20 minutes, get up, sit in dim light, return when sleepy	☐
13	Naps short (20–30 minutes) and before mid-afternoon	☐
14	Review both weeks and keep your three most helpful habits	☐

Shift work. If you work nights or rotating shifts, keep the same idea: one protected sleep block, a dark room, and the same order of wind-down steps before it.

CHAPTER 4

The evening that protects your sleep

A good night starts around dinner. Three Pause habits from the core plan do double duty here: an earlier, Plate-rule dinner; the after-dinner walk; and a **kitchen-closed** time. Kitchen-closed is not a fast. It simply means the kitchen is done for the night after dinner and any planned snack, so the body is not busy with a late meal when you lie down. If you take diabetes medicine, ask your care team whether a bedtime snack is part of your plan.

A 30-MINUTE WIND-DOWN

BEFORE LIGHTS OUT	WHAT TO DO
30 min	Lights low. Write tomorrow's top three tasks on paper so they leave your head.
20 min	Phone on its charger in another room. Wash up, brush teeth.
10 min	Gentle stretch or a few pages of a paper book.
In bed	Slow breathing: in through the nose for 4, out for 6, about ten rounds.

WORKSHEET

My wake-up time (7 days a week):

My lights-out time:

My kitchen-closed time:

Apnea signs I noticed, or that someone told me about:

Questions for my doctor about sleep:

SOURCES

- American Academy of Sleep Medicine & Sleep Research Society — adult sleep duration recommendation
- Centers for Disease Control and Prevention (CDC) — sleep and chronic disease
- National Heart, Lung, and Blood Institute (NHLBI) — sleep apnea
- American Diabetes Association — Standards of Care in Diabetes, sections on sleep and lifestyle
- Peer-reviewed sleep-restriction studies on insulin sensitivity, and reviews on sleep disorders and erectile function

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