

## **New Study Links Insomnia and Type 2 Diabetes – interview clip transcripts**

**\*\*\*SOT\*\*\***

**Dr. Sarah Zallek, Medical Director, OSF Sleep (on insomnia)**

“It needs to have some daytime consequence to be considered insomnia. You can’t just have a little trouble sleeping and feel great in the day and we would call it insomnia; we would say that’s a little trouble falling asleep. Insomnia is really trouble sleeping that is associated with daytime dysfunction, like tiredness or inattention or mood problems and so on.” (:22)

**\*\*\*SOT\*\*\***

**Dr. Sarah Zallek, Medical Director, OSF Sleep (on causal risk factor)**

“What they found that was new is that insomnia is a causal risk factor for diabetes. So it’s not just associated, and you have to wonder, is it insomnia that has an effect on diabetes, or is it just an association? It’s actually one of the now known causes of things that can lead to diabetes.” (:22)

**\*\*\*SOT\*\*\***

**Dr. Sarah Zallek, Medical Director, OSF Sleep (on sleep hygiene)**

“A lot of insomnia is because of sleep habits, or what we call sleep hygiene, and we start with that. Maximizing good sleep habits treats most people’s difficulty sleeping. And those sleep habits are best thought of as kind of a way to tell your brain that it’s good to be asleep in bed and awake everywhere else.” (:20)