

Diabetes Symptoms At Night: Top 7 Signs Of High Blood Sugar That Becomes Worse After 10pm

Description

As we know that diabetes is a terrible disease, affecting countless individuals globally. High blood sugar levels specify this long-term condition, and if left unchecked, it causes several complications. In this article, we'll explore 7 diabetes signs of high blood sugar.

Diabetes Symptoms At Night: What You Should Know

Are you dealing with high blood sugar levels? Notice these diabetes signs and symptoms that may worsen at night.

Increased Urination

default watermark

default watermark

The body's way of getting rid of surplus sugar is through urine. However, the kidneys' night-time function takes a dip, causing increased peeing. If your sleep is struggling with frequent bathroom breaks, it's time to check a blood sugar level.

Increased Thirst

Polydipsia or excessive thirst can maintain diabetics reaching out for water more often at night. The body deals with fluid loss because of increased peeing by triggering thirst.

Extreme Tiredness



Feeling consistently weary and tired, especially at night, is popular with diabetes. High blood sugar levels can allow cells using glucose effectively, resulting in insufficient energy. This can disturb a peaceful night's sleep and leave you feeling even more weary the following day.

Restless Legs Syndrome

Restless Leg Syndrome (RLS) is fractious urge to move the legs, often accompanied by discomfort. Diabetics are often victims of RLS, the symptoms of which exacerbate at night.

Midnight Leg Cramps

Suffering from leg cramps, particularly at night, is another nocturnal alarm to diabetes. The resulting ache and unease can unleash havoc on sleep. The combination of stretching exercises and suitable medication could support respite.

Breathing Pauses in Sleep

default watermark



Sleep apnea, or sleeping disorder is another nighttime sign of high blood sugar levels. This condition is recorded by a disorder that leads to irregular breathing or superficial breaths during sleep.

Excessive Sweating At Night

Night sweats can be another warning sign of diabetes. Variations in blood sugar levels can disturb the body's temperature control, leading to excessive sweating during sleep. If you wake up night after night in a pool of sweat, a check on blood sugar levels is assured.

Category

1. Grandma Recipes

Date Created

08/03/2025

Author

rauf

default watermark