

Hypoglycemia, sleep loss prolong cognitive impairment

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deprivation, such as tiredness, were removed.

"People with diabetes should be advised that exposure to hypoglycemia while suffering from [sleep deprivation](#) could prolong the impairment of cognitive function considerably, despite prompt restoration of normoglycemia," the authors write.

More information: [Abstract](#)
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(HealthDay)—Sleep deprivation does not exacerbate cognitive impairment induced by hypoglycemia, but the post-hypoglycemia recovery takes longer with persistence of both cognitive dysfunction and hypoglycemia symptoms, according to a study published online March 22 in *Diabetes Care*.

Berit E. Inkster, from the Royal Infirmary of Edinburgh in the United Kingdom, and colleagues assessed 14 adults with type 1 diabetes who underwent a hyperinsulinemic, hypoglycemic clamp on two separate occasions. Before one clamp, participants were sleep-deprived.

The researchers found that [cognitive impairment](#) during hypoglycemia did not differ significantly between the sleep-deprived and nonsleep-deprived conditions. Digit symbol substitution scores and choice reaction times were significantly poorer during recovery in the sleep-deprived state and hypoglycemia symptom scores were significantly higher even when symptoms of sleep

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