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**Original article:**

**The daytime sleepiness, snoring, and sleep duration effects on patients with type 2 diabetes; a case-control study**

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**Abstract:**

**Introduction:** There is increasing awareness about daytime sleepiness, snoring, and the associated obstructive apnea among diabetic patients.

**Objectives:** To assess the prevalence of daytime sleepiness, sleep duration, and habitual snoring in type2 diabetes mellitus and study their relation to diabetes control.

**Material &Methods:** This case-control study included 102 diabetics patients and 121 healthy controls recruited from a diabetic outpatient clinic in Omdurman –Sudan. Information collected include age, sex, body mass index (BMI), duration of sleep, habitual snoring, and the eight components of (ESS).

**Observation &Results:** High statistical significant differences between diabetic patients and controls were found for daytime sleepiness, duration of sleep and age (P<0.001). A significant statistical difference was observed between diabetic patients with good and poor control regarding daytime sleepiness, snoring and body mass index (P<0.05).

**Conclusion:** Daytime sleepiness and short sleeping hours were prevalent among patients with type2 diabetes and may impair diabetes control.

**Keywords:** Sleepiness, Diabetes, Sudan