JOURNAL OF TURKISH SLEEP MEDICINE | JTSM

doi.org10.4274jtsm.galenos.2025.33154

www.tutd.org.tr

RELATIONSHIP OF SLEEP QUALITY WITH HRQOL IN T2DM PATIENTS OF TWIN CITIES OF PAKISTAN

ABSTRACT

The study aimed to examine the relationship between sleep quality and health-related quality of life (HRQOL) in type 2 diabetes patients, investigating the frequency of Restless Leg Syndrome (RLS), and compare sleep quality and HRQOL in patients with and without RLS. It analyzed the sleep quality, health related quality of life, and restless leg syndrome among diabetic patients of twin cities of Pakistan from February to June 2023. Thestudy highlighted that poor sleep quality is linked to lower health- related quality of life in patients with type 2 diabetes, and only a few participants had RLS.Additionally, those with RLS experience worse sleep quality and lower health quality compared to those without RLS.



The study aimed to determine the relationship of sleep quality with HRQOL in T2DM patients with and without RLS in Pakistan.



Analytical Cross-sectional survey
Period: Febuary2023 to June2023
Assessed data:

- T2DM patients
- Sleep quality and health-related quality of life
- With and without Restless leg syndrome



Observations after Study:

- Better sleep quality is linked to better health-related quality of life in T2DM.
- Major difference in sleep quality and HRQOL of T2DM patients with RLS as compared to those having no RLS was noted.



The study found that in people with type 2 diabetes, worse sleep quality was moderately linked to lower quality of life. Also, those who had both diabetes and restless legs syndrome (RLS) had poorer sleep and quality of life than those without RLS.These findings suggest that RLS may be an important contributing factor to diminished well-being and sleep disturbances in patients with T2DM, highlighting the need for greater clinical attention to sleep-related disorders in this population.