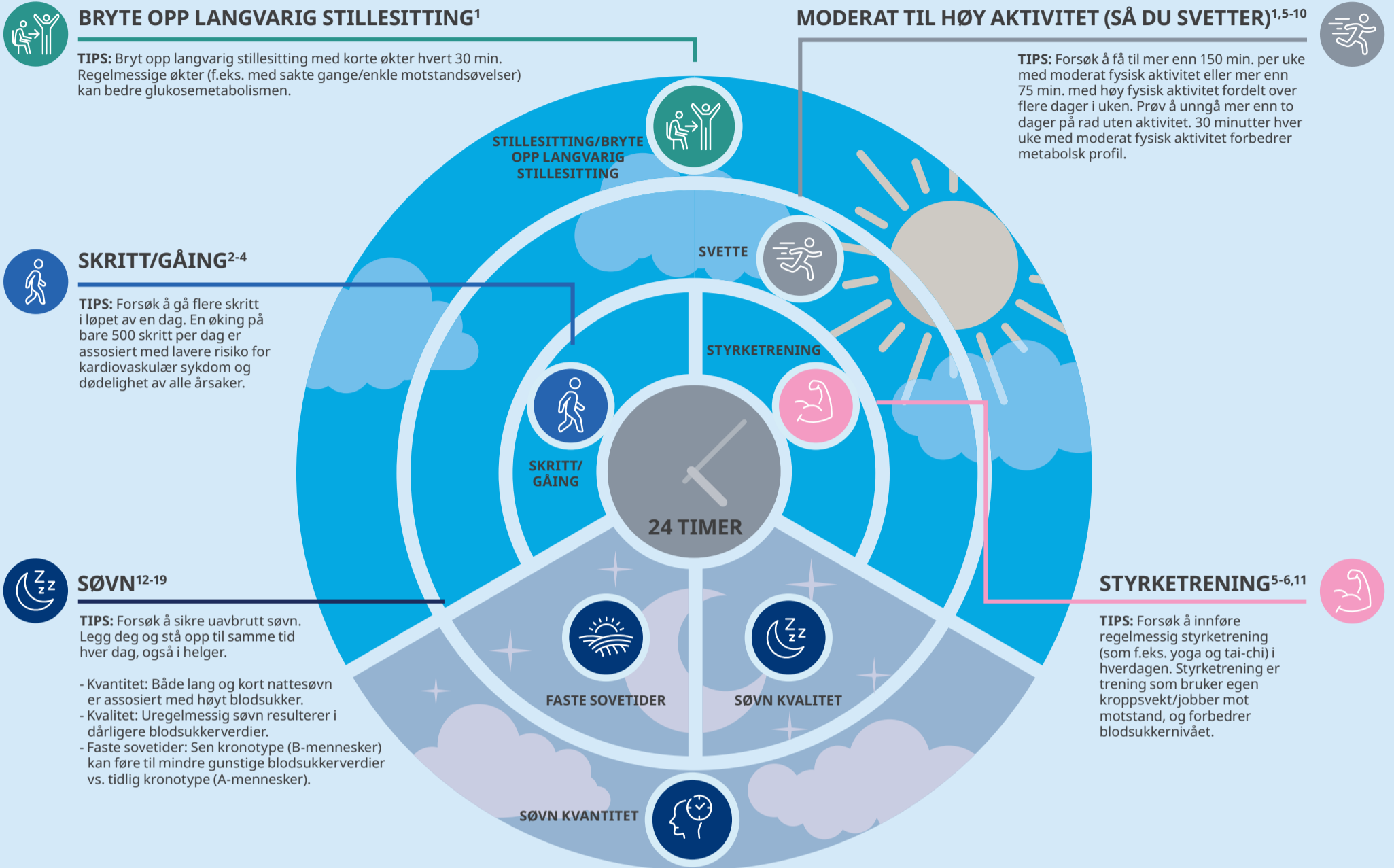


Regelmessig bevegelse og gode søvnvaner har stor betydning for deg med diabetes type 2



HELSEEFFEKTER AV REGELMESSIG BEVEGELSE OG GODE SØVNVANER HOS PERSONER MED DIABETES TYPE 2

	Glukose/insulin	Blodtrykk	Langtids-blodsukker	Lipider	Fysisk funksjon	Depresjon	Livskvalitet
BRYTE OPP LANGVARIG STILLESITTING¹	↓	↓	↓	↓	↑	↓	↑
SKRITT/GÅING²⁻⁴	↓	↓	↓	↓	↑	↓	↑
MODERAT TIL HØY AKTIVITET (SÅ DU SVETTER)^{1,5-10}	↓	↓	↓	↓	↑	↓	↑
STYRKETRENING^{5-6,11}	↓	↓	↓	↓	↑	↓	↑
TILSTREKKELIG NATTESØVN¹²⁻¹⁹	↓	↓	↓	↓	N/A	↓	↑
GOD SØVNKVALITET^{13-14,19}	↓	↓	↓	↓	N/A	↓	↑
FASTE SOVETIDER¹⁵⁻¹⁸	↓	N/A	↓	N/A	N/A	↓	N/A

Virkningen av regelmessig bevegelse og gode søvnvaner for personer med diabetes type 2. Figur utarbeidet av Novo Nordisk basert på referanse 1.

↑ **Høyere nivåer/forbedring** (fysisk funksjon, livskvalitet); ↓ **Lavere nivåer/forbedring** (glukose/insulin, blodtrykk, HbA1c, lipider, depresjon); N/A = ingen data tilgjengelig;

↑↓ = sterk evidens; ↑↓ = middels sterk evidens; ↑↓ = begrenset evidens.

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