

World Congress on  
**DIABETES AND ENDOCRINOLOGY**  
August 22-23, 2018 Rome, Italy

**Sleeping disorder in type-2 diabetes in Mongolia**

**Azjargal B<sup>1</sup> and Zevgee T<sup>2</sup>**

Mongolian National University of Medical Sciences, Mongolia

**O**bjective is to research and study sleeping disorder in type-2 diabetic nurses who has been experiencing sleeping disorders. Observational, cross-sectional study conducted at the district hospitals and specialized hospitals of Ulaanbaatar and study sample comprised 250 nurses enrolled who has been working in night shift. The study is conducted by cross-sectional analytical study methods, including random sampling questionnaires and vascular blood glucose tests. Absolute values, percentages and absolute frequency and median distribution were described according to the normality data. According to the research study 6.4 confidence interval ( $P < 0.0001$ ) has occurred for the nurses who had worked for 21-25 years and been sleeping 4-5 hours a night and their blood pressure were 150-100 mg/dl, BMI  $< 30$ , also they did not have normal physical activity. Research study shows that nurses from specialized hospitals are having more risk to have type-2 diabetes. ( $P < 0.001$ ) sleeping disorder and lack of sleeplessness increases the number of patients who has type-2 diabetes. The nurses are needed to be determined their working hours and their physical activities normally and these activities needed to be regulated.

azjargal.b@mnums.edu.mn

**Notes:**