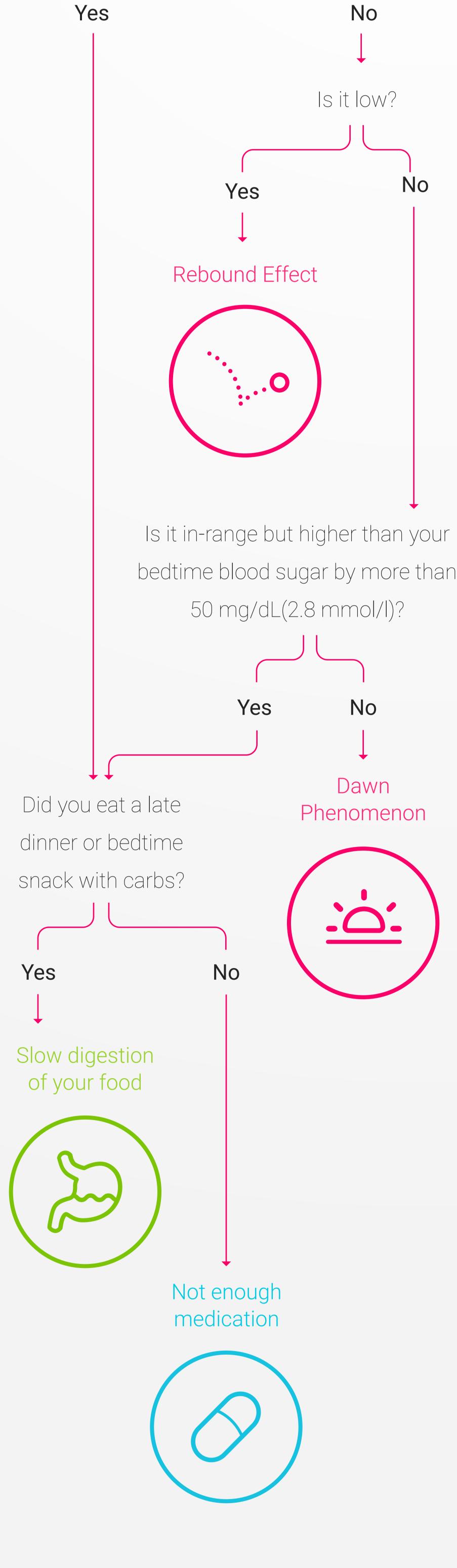


you wake up and can't think of any explanation, try checking your blood sugar at 3 AM. Once you have a 3 AM blood glucose value, use the chart below to figure out what might

be causing your morning highs. Each cause is explained in full detail in the next section.

No Yes

High blood sugar at 3am?



A late dinner or bedtime snack Some foods digest very slowly, so even if

you're in range before bed, you can experience

continues to digest. It can happen as much as

Eat low-carb in the evening and at nighttime

a big spike during the night while the food

4 to 8 hours after a meal!

What you can do about it:

What's causing

morning?

your highs in the

Avoid eating bedtime snacks Eat dinner earlier in the evening

Dawn phenomenon

hormones ~1-2 hours before you wake up that

The "Dawn Phenomenon" is a daily surge of

What you can do about it:

afternoon/evening

for a walk)

cause your blood sugar to rise.

Eat dinner earlier in the evening

Have your daily workout in the late

Do something active after dinner (e.g. going

Talk to your doctor about adjusting your

insulin or other diabetes medication(s)

after making these changes, reach out to

If your morning blood sugar is still high

your doctor. He/she may prescribe

- medication to help.
- Rebound effect

The "Rebound Effect" occurs when blood

causing the body to release hormones to raise

blood glucose levels. This is most commonly

glucose drops too low during the night,

seen in people taking insulin. What you can do about it: If you're experiencing Rebound Effect, taking

less insulin or going to bed with a higher blood

sugar may help prevent the low that leads to

your high morning blood sugar.

Not enough medication

other diabetes medications) to keep your blood sugar in range over night. What you can do about it: Talk to your doctor at your next visit to see if

he/she has any suggestions for adjusting your

Guidebook

If none of the above applies, you may just

need additional medication (basal insulin or

medication regimen to get better results.

When should I check my blood sugar? READ MORE >



Download on the

References:

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Polonsky WH, et al. Structured self-monitoring of blood glucose significantly reduces A1C levels in poorly controlled, noninsulin-treated type 2 diabetes: results from the Structured Testing Program study. Diabetes Care. 2011;34(2):262-267. Bailey T, et al. AACE/ACE 2016 Outpatient Glucose Monitoring Consensus Statement. Endocr Pract. 2016;22(No. 2):231-262.

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