High blood sugar at 3am?

- No

- No

- No

- No

- No

Rebound Effect

Is it in-range but higher than your bedtime blood sugar by more than 50 mg/dL (2.8 mmol/l)?

- Did you eat a late dinner or bedtime snack with carbs?

- Slow digestion

- Not enough medication

High blood sugar in the morning?

- Yes

- Yes

- Yes

- Yes

- Yes

Dawn Phenomenon

If you have high blood sugar when 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.

Why is my blood sugar high in the morning?

One Drop Guide to ONE DROP

What’s causing your highs in the morning?

A late dinner or bedtime snack

Some foods digest very slowly, so even if you’re in range before bed, you can experience a big spike during the night while the food continues to digest. It can happen as much as 4 to 8 hours after a meal!

- Eat low-carb in the evening and at nighttime
- Avoid eating bedtime snacks
- Eat dinner earlier in the evening

What you can do about it:

Dawn phenomenon

The “Dawn Phenomenon” is a daily surge of hormones ~1-2 hours before you wake up that cause your blood sugar to rise.

- Eat dinner earlier in the evening
- Have your daily workout in the late afternoon/evening
- Do something active after dinner (e.g. going for a walk)
- Talk to your doctor about adjusting your insulin or other diabetes medication(s)

What you can do about it:

Rebound effect

The “Rebound Effect” occurs when blood glucose drops too low during the night, causing the body to release hormones to raise blood glucose levels. This is most commonly seen in people taking insulin.

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.

What you can do about it:

Not enough medication

If none of the above applies, you may just need additional medication (basal insulin or other diabetes medications) to keep your blood sugar in range over night.

Talk to your doctor at your next visit to see if he/she has any suggestions for adjusting your medication regimen to get better results.

What you can do about it:

When should I check my blood sugar?

READ MORE

Guidebook

Navigating diabetes, together.

www.onedrop.today

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References: