



Causes of High Morning Blood Sugar

What causes high blood sugar in the morning?

- Dawn Phenomenon
- Somogyi Effect
- Waning Insulin

1

DAWN PHENOMENON

Rise in blood sugar levels that occurs in the early hours of the morning

2

SOMOGYI EFFECT

Drop in blood sugar levels at night that results in high blood sugar levels in the morning

3

WANING INSULIN

Drop in blood sugar levels at night that results in high blood sugar levels in the morning

How to Avoid High Blood Sugar Levels

Your healthcare provider may recommend that you check your blood sugar levels throughout the night to monitor the rise and falls in glucose. The easiest way to do this is by using a **Continuous Glucose Monitor**.

1



Increase insulin or diabetes medication dosage

2



Lower insulin or diabetes medication dosage

3



Take long-acting insulin at bedtime

Sugar In The Morning

M Mosston



Sugar In The Morning:

The Enigmatic Realm of **Sugar In The Morning**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Sugar In The Morning** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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