



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

**United States. Veterans
Administration**



Sugar In The Morning:

Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Sugar In The Morning**

In a world inundated with displays and the cacophony of quick conversation, the profound energy and psychological resonance of verbal art often disappear into obscurity, eclipsed by the continuous assault of noise and distractions. Yet, set within the lyrical pages of **Sugar In The Morning**, a charming perform of literary splendor that pulses with fresh emotions, lies an unique journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, this mesmerizing opus instructions visitors on an emotional odyssey, delicately revealing the latent potential and profound influence embedded within the complicated internet of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is central subjects, dissect their interesting publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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