Actions for High Morning Blood Sugar

Use these steps from the article to find the cause of high morning blood sugar and to know when to get help.

- [ ] Check blood sugar at bedtime and write the reading down.
- [ ] Check blood sugar again between 2 and 3 a.m.
- [ ] Check blood sugar on waking, before eating or drinking anything except water.
- [ ] Repeat the 3 checks for several nights and take the log to the care team.
- [ ] Ask a doctor about a temporary loaner continuous glucose monitor.
- [ ] Walk or work out after dinner, and avoid exercise right before bed.
- [ ] Ask the care team to review dinner size, bedtime snacks and medication timing.
- [ ] Leave any change to insulin or diabetes medication to the prescribing care team.
- [ ] Contact a doctor when morning blood sugar is consistently high or lows happen often overnight.
- [ ] Call 911 for blood sugar that stays at 300 mg/dL or above, fruity breath or trouble breathing.

Notes

For general education only. Not a substitute for professional medical advice.