Time in Range

Novo Nordisk

How to spend more time in your **target blood sugar range**

Scroll down for tips on how to spend more **Time in Range**, to manage your diabetes and help reduce your risk of diabetes-related complications.

What is Time in Range?

Time in Range Time in Range is the amount of time you spend in your target blood sugar range (70–180 mg/dl or 3.9–10 mmol/l for most people)[1]

HbA1c shows your average blood sugar over **3 months**[1]

Time in Range shows your blood sugar over **24-hour periods**[1]

Together they give you a more **complete picture of your blood sugar levels**[1]

Your **Time in Range** is measured using numbers from your CGM[1]

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To understand your **Time in Range** you need at least 14 days of blood glucose data, which you will then see on your **ambulatory glucose profile (AGP) report**[1,2]

Your **Time in Range** is easy to see from visuals in your AGP. You can see your blood sugar levels throughout the day and night, for the whole 14 days*[1]

** Your doctor will support you to understand your AGP*

<70mg/dl

Time below range is when you are **at risk of low blood sugar (hypoglycaemia)**[1]

>180mg/dl

Time above range is when you are **at risk of high blood sugar (hyperglycaemia)**[1]

Aim to spend less than

1 hour

(around 4%) of your day **below range**[1]

Experts recommend most people spend at least

17 hours

(around 70%) of your day **in range**[1]

Aim to spend less than

6 hours

(around 25%) of your day **above range**[1]

Why is Time in Range important?

By understanding how your blood sugar fluctuates and the possible causes, you can take action to stay in range[1]

See if you're on target

Find out how much your sugar levels fluctuate during the day and night

Understand what might be causing your blood sugar highs and lows so you can take action to spend more time in range[1]

See where treatment, insulin doses and the timing of your doses might need to change[1]

Could help you feel less worried about your diabetes and **improve your mood and energy levels**[3,4]

And perhaps most important of all, increasing the time you spend in your target blood sugar range can help you reduce your risk of diabetes-related health complications[1,5]

You can try these **Top Tips** to increase your **Time in Range**:

1. Get to know your Time in Range
Look for patterns – do your blood sugar levels change during the day, overnight, or vary more on certain days?

2. Aim for your targets
At least 17 hours in range, less than 1 hour below range and less than 6 hours above range each day[1]
(Experts recommended for most people)

3. Reduce blood sugar spikes
Swap simple (fast-release) carbs and high-sugar foods, such as white bread and pre-packaged foods with high-fibre and complex (slow release) carbs, such as wholegrain and plant-based foods. Adding in exercise will help[6,7]

<70mg/dl

4. Take action when you go low
It's important to act when your blood sugar drops below 70mg/dl. A sugary drink, glucose tablet or snack can help pull it back up to in range[8]

5. Think before you reach for the carbs
When your blood sugar dips it's easy to grab the nearest snack. But fruit, vegetables or wholegrain will give you more control than high-carb foods and sweets[9,10]

6. Learn from high and low days
Think back to days when you hit your **Time in Range** target – what did you eat and what were you doing? And what about on days when you were less in range?

7. Keep tabs on your treatment
It's essential not to skip your diabetes medications and insulin injections but to always take them in the right way at the right times of day[11]

8. Manage stress with self-care
Stress hormones can cause blood sugar to rise. You could for example reduce your 'to do' list, try deep breathing, meditation and do things you enjoy![12]

9. Watch your alcohol intake
Alcohol puts you on a blood sugar roller coaster, with a high followed by a low. If you drink alcohol, drink moderately and do so with food[13]

10. Get enough sleep
Sleep can affect your blood sugar levels, and people who feel tired are more likely to make poor food choices – try to ensure you get a good night's sleep[14]

Make a **realistic and effective plan** with your doctor to spend more time in your **target blood sugar range**

References
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