



# 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