Time in Range

How to spend more time in your **target glucose range**

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

What is Time in Range?

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

HbA$_{1c}$ shows your average glucose over **3 months**[1]

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

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

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

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

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

*Your doctor will support you to understand your AGP

<70 mg/dL (<3.9 mmol/L)

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

>180 mg/dL (>10.0 mmol/L)

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

Aim to spend less than

1 hour

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

Experts recommend most people with diabetes should aim to 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 glucose levels fluctuate and the possible causes, you can take action to stay in range[1]

See if you're on target

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

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

See where your diabetes 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 overall wellbeing**[3,4]

And perhaps most important of all, increasing the time you spend in your target glucose 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 glucose 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]
(Expert-recommended for most people with diabetes)

3. Reduce post-meal spikes
Keep an eye on your CGM numbers after meals. If you're taking insulin a pre-meal dose 15-20 minutes before eating is one of the best ways to stay in range.[6] Try to swap processed and high-sugar foods such as white bread and pasta, with foods loaded with fibre and complex carbs such as wholemeal bread and wholegrain pasta.

<70 mg/dL (<3.0 mmol/L)

4. Take action when you go too low
It's just as important to act when your glucose drops below 70 mg/dL (3.9 mmol/L).[6] If this happens, try the '15/15 rule' and consume 15 grams of simple or fast carbs in a snack, or a glucose tablet, wait 15 minutes then check your CGM data.[6] The 15/15 rule is a quick and balanced way to increase your glucose levels.[6]

5. Think before you reach for the carbs
When your glucose dips it's easy to grab the nearest snack to avoid going into hypoglycaemia (below 70 mg/dL [3.9 mmol/L]), but the type of carb you eat is important.[7,8] Fruit, vegetables and wholegrain snacks will help get your glucose levels gently back in range.[7] But fast-acting carbs are needed if your blood sugar goes very low.[8]

6. Learn from your good days
On the days you succeed in spending lots of time in your target range, ask yourself: 'What physical activity did I do and what did I eat on that day that caused me to spend more time in range?' 'How much exercise did I get?' Try and record this information and repeat the same routine in the following days, to see if you enjoy similar success!

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.[10]

8. Manage stress with self-care
Stress hormones can cause blood glucose to rise. It's good to learn to manage stress by building rest and relaxation into your routine, and techniques like breathing exercises can help.[11,12] Ensure to take care of yourself when you're ill.[13] Always be patient with yourself. You are trying your best.

9. Watch your alcohol intake
Alcohol puts you on a glucose 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 glucose 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 glucose range**

References
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