

Avoiding hypos during the night after exercising



Are you at risk of a delayed hypo through the night or in the early morning after you exercise?

Yes

There are two things you can do:

Eat carbs

- Eat extra carbs before bed. Have 20–40 g (without fast-acting insulin) and test your blood glucose during the night and at breakfast. If your blood glucose is high you've had too much. If it is low you've had too little.
- Slowly absorbed foods such as porridge, yoghurt with berries or milk are best.

Reduce insulin

You could reduce your long-acting insulin at bedtime to prevent night hypos. However, this will also cause your blood glucose levels the following day to go higher.

Another very important thing to do is to check your blood glucose occasionally during the night.

Between 2 a.m. and 5 a.m. is the best time.

You are at risk of delayed night hypos after evening exercise, and some people can sleep through these.

That is why it's good to set your alarm and test now and again.

- **If you are low before 2 a.m., you may need to reduce your evening meal insulin or eat extra carbs.**
- **If you are low after 2 a.m., you may need to eat more slowly absorbed carbs at bedtime or reduce your long-acting insulin more.**

