

patient education program

8200 Dodge Street, Omaha, NE 68114 402-955-5400 ChildrensNebraska.org

Nighttime – Low Blood Sugars – Hypoglycemia

It is necessary to keep blood sugar/glucose at a higher level at bedtime and overnight than during the day because when asleep we may miss the signs of a low. **THE GREATEST RISK FOR SEIZURES DUE TO A LOW BLOOD SUGAR/GLUCOSE OCCURS DURING THE NIGHT.**

Nighttime low blood sugars/glucose can happen because of:

- Delayed drop in blood sugar from extra activity during the day
- Dose of long-acting insulin is too high
- Too much rapid-acting insulin with an evening meal or food at night
- Over-correction of a high blood sugar before bed

Symptoms of low blood sugar/glucose at night are different than those during the day and include the following:



Restless sleep



Sweating



Change in
breathing



Nightmares

Treatment for nighttime hypoglycemia is the same as treatment during the day, it just starts at a higher number. The next two pages detail this treatment based on age.

patient education program

8200 Dodge Street, Omaha, NE 68114 402-955-5400 ChildrensNebraska.org

Nighttime Low Blood Sugar Guidelines

Less than 5 years of age

Blood sugar less than 50

Blood sugar 50-99

Treat with 15 grams of fast acting, easy to swallow carbohydrates, ex. 4 ounces of juice

Treat with 7.5 grams of fast acting, easy to swallow carbohydrates, ex. 2 ounces of juice

Re-test blood sugar in 15 minutes

Blood sugar still less than 50

Blood sugar still 50-99

Blood sugar 100 or higher

Re-treat with 15 grams of fast-acting, easy to swallow carbohydrates

Re-treat with 7.5 grams of fast-acting, easy to swallow carbohydrates

Add 7.5 grams of long-acting carbohydrate and protein

Check blood sugar at midnight and 3 am or within 3 hours

patient education program

8200 Dodge Street, Omaha, NE 68114 402-955-5400 ChildrensNebraska.org

Nighttime Low Blood Sugar Guidelines

5 years of age and older

Blood sugar less than 50

Treat with 30 grams of fast-acting, easy to swallow carbohydrates, ex. 8 ounces of juice

Blood sugar 50-89

Treat with 15 grams of fast-acting, easy to swallow carbohydrates, ex. 4 ounces of juice

Re-test blood sugar 15 minutes

Blood sugar still less than 50

Re-treat with 30 grams of fast-acting, easy to swallow carbohydrates

Blood sugar still 50-89

Re-treat with 15 grams of fast-acting, easy to swallow carbohydrates

Blood sugar 90 or higher

Add 15 grams of long-acting carbohydrate and protein

Check blood sugar at midnight and 3 am or within 3 hours