

Insulin Pump

Insect-syringe Pump

The patient experiencing the dawn phenomenon may use an insulin pump. During the early-morning hours, the pump will administer additional insulin to avoid the effects of hyperglycemia related to the dawn phenomenon.

Considerations

Closely Monitor Glucose Levels

Monitor and Glue-bottle

The patient experiencing the dawn phenomenon should closely monitor blood glucose levels to help determine the cause of changes; normal or high blood glucose levels in the middle of the night suggest the dawn phenomenon, while low levels may indicate the Somogyi effect.

Between 2-6AM

(2) Tutu with (6) Sax and Morning-sun

Since the body naturally increases certain hormones affecting glucose levels during the middle of the night, obtain the patient's blood glucose levels between 2 AM-6 AM. If the patient's blood glucose level is high between 2 AM-6 AM, the prescribed insulin dosage may be increased.

Limit Carbohydrates Before Bedtime

Limit Bread Before Bed

Bedtime snacks may affect the patient's glucose level during the night. Instruct the patient to limit carbohydrates before bedtime to avoid spikes in blood sugar during the night. Instead of high carbohydrate food, snacks containing protein and fats are encouraged to help maintain the patient's blood glucose level.