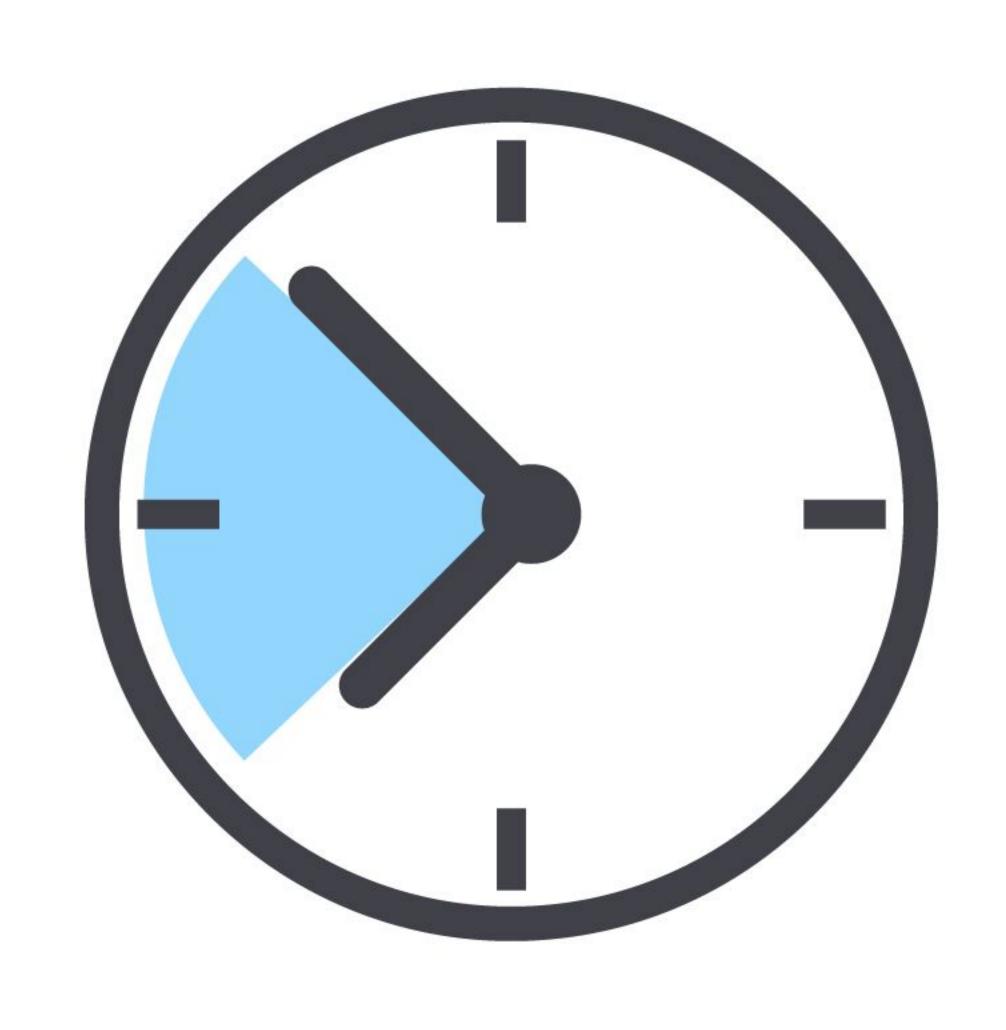
YOUR BLOOD SUGAR CLOCK



8pm10pm

Your body is preparing for sleep. After dinner you should experience a rise in blood pressure that will then go down again around bedtime. Aim to be in bed by 10 p.m.



110m

If you have not yet gone to sleep, low blood sugar levels may cause a cortisol spike, which will give you a second wind and keep you awake longer, even though you should be sleeping.



12am - 4am

During this time, your cortisol levels should be at their lowest. If you have a tendency to wake up during this period, it may be due to excessively low blood sugar. Try having a healthy snack with protein and healthy fats before bed.



886

Around this time, your cortisol levels should reach their highest point. Your body is ready for a morning meal.



ALL

Throughout the day, your blood sugar levels should rise after you eat — reaching their highest point about 30 minutes post-meal — and then come back down again within about two hours after eating.