

Dangers of nocturnal hypoglycaemia!

When blood sugar falls **below 4.0 mmol/L while sleeping** at night, the person experiences **nocturnal hypoglycaemia** or “night-time hypo”. This can be dangerous and cause sudden death.

Some ways to avoid it:



Test your blood sugar levels before bed.



Avoid skipping meals, including dinner.



Avoid physical activity at night.



Look out for warning signs: Restlessness and irritability, hot, clammy or sweaty skin, trembling or shaking, changes in breathing, nightmares, and racing heartbeat.



Consult your doctor about nocturnal hypoglycaemia.