



Diabetes: Dawn Phenomenon & Morning Sugar Spikes

Many people experience higher blood sugar in the morning despite not eating overnight. This is known as the dawn phenomenon. It reflects early insulin resistance and stress hormone activity. Recognizing it prevents confusion and mismanagement.

In the early morning hours, cortisol and growth hormone rise to prepare the body for waking. In insulin-resistant individuals, this causes glucose release from the liver without adequate insulin response.

Lab patterns often show normal daytime glucose but elevated fasting readings.

Addressing evening meals, sleep, and stress improves morning glucose control.

01 Is This Your Story?

A patient with prediabetes eats healthy during the day but wakes with high glucose readings. They discover late-night snacking and poor sleep are contributing factors. When dinner is moved earlier and sleep routines improve, morning glucose normalizes.

02 Try This Today

Measure: Check fasting glucose or note morning energy levels.

Do: Finish eating at least three hours before bedtime.

Reflect: Ask whether your morning glucose reflects nighttime habits.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

