TIME IN RANGE

WHAT IS TIME IN RANGE?
"Time in Range" (TIR) is the percentage of time that a person spends with their blood glucose levels in a target range.

HOW TO MEASURE TIME IN RANGE
To determine your TIR, you should use at least 14 days' of glucose data.
- With a BGM, the more fingersticks you take throughout the day, the better the picture you’ll get of your TIR. Make sure to get readings over at least two weeks, ideally with some fingersticks taken after meals and overnight.

- If you have CGM, TIR is calculated automatically in the software/app that comes with your device.

WHY IS TIME IN RANGE IMPORTANT?
TIR in glucose levels captures variation—the highs, lows, and in-range values that characterize life with diabetes.

THE MANY FACES OF A 7% A1C
(and an average blood glucose of 154 mg/dl)

These three examples show three different people—all with the same average blood glucose (154 mg/dl) and the same A1C (7%). However, the highs, lows, and in-range blood glucose values are markedly different: the first person has a rollercoaster of dangerous highs and lows, the second has moderate variability and fewer highs and lows, and the third person has little variability with all time spent in-range.

TIME IN RANGE GOALS

People With Diabetes
Type 1 and Type 2
- Minimize
- 70% or more
- less than 4%

Gestational Diabetes
- less than 10%
- 85% or more
- less than 4% *

* for those taking insulin or sulfonylureas

FOR PEOPLE WITH TYPE 1 DIABETES OR TYPE 2 DIABETES:
- At least 70% of the day in 70-180mg/dl
- Less than 4% of the day below 70mg/dl
- Minimize time each day above 180mg/dl

FOR PEOPLE WITH GESTATIONAL DIABETES:
- At least 85% of the day in 63-140mg/dl
- Less than 4% of the day below 63mg/dl
- Less than 10% of the day above 140mg/dl

FOR PEOPLE WHO ARE PREGNANT AND HAVE TYPE 1 DIABETES:
- At least 70% of the day in 63-140mg/dl
- Less than 4% of the day below 63mg/dl
- Less than 25% of the day above 140mg/dl

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