

Morning Routine for Stable Blood Sugar

The Complete Daily Blueprint
for Diabetes Management

A Guide by Health Gheware



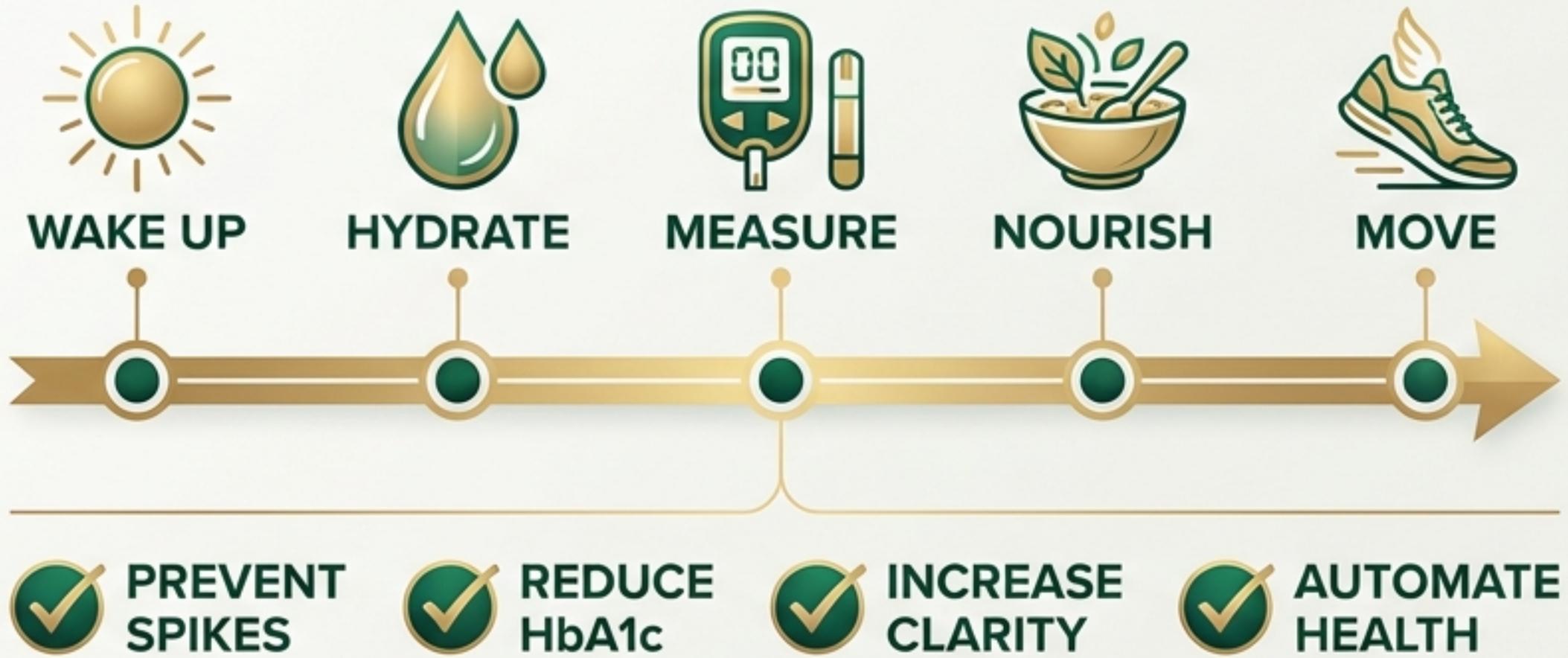
SUNRISE TO STABILITY: WHY THE MORNING MATTERS

THE DAWN PHENOMENON

The first 2-3 hours set the trajectory for your day. A natural morning sugar spike is normal, but manageable.

THE CRITICAL WINDOW

3 HOURS



01 | The Synchronization



Target Wake Time

Cortisol naturally peaks around 6-8 AM. Waking slightly before this allows you to manage the glucose release it triggers.

Sleep Hygiene Checklist

- ✓ **Bedtime:** 10:00-10:30 PM (7-8 hours)
- ✓ **Environment:** Cool room (18-21°C / 65-70°F)
- ✓ **Discipline:** Wake at same time daily
- ✓ **Tech:** No screens 1 hour before bed

02 | The Elixir

Hydration First (Drink within 10 mins of waking)

Warm Lemon Water



Recipe: 250ml warm water +
½ lemon + pinch salt.

Why: Vitamin C supports
immunity & liver function.

The Powerhouse: Methi Water



Recipe: Soak 1-2 tsp methi
seeds overnight (8-10 hrs).

The Diabetic Edge: Soluble
fiber slows sugar absorption &
reduces post-meal glucose.

Plain Warm Water



Method: 400-500ml drunk
slowly.

Benefit: Flushes overnight
toxins.

03 | The Data Point

Fasting Blood Sugar Test (Before water or meds)

Normal | 70-100 mg/dL

Pre-diabetic | 100-125 mg/dL

Diabetic (Good Control) | 80-130 mg/dL

Needs Attention | >130 mg/dL



Pro-Tip:

Use the side of
the fingertip to
reduce pain.

Secondary Check: 2 hours after breakfast (Target < 180 mg/dL)

04 | The Bio-Hack

Medication Timing Matrix

Drug Type	Timing Rule	Food Context
Metformin	☀️ With Breakfast	🍴 Reduces stomach upset
Glimepiride/Glipizide	⌚ 15-30 min BEFORE	🍴 Empty Stomach
DPP-4 / SGLT2	☀️ Morning	🍴 Consistent time
Rapid Insulin	⌚ 15-20 min BEFORE	🍴 Pre-meal



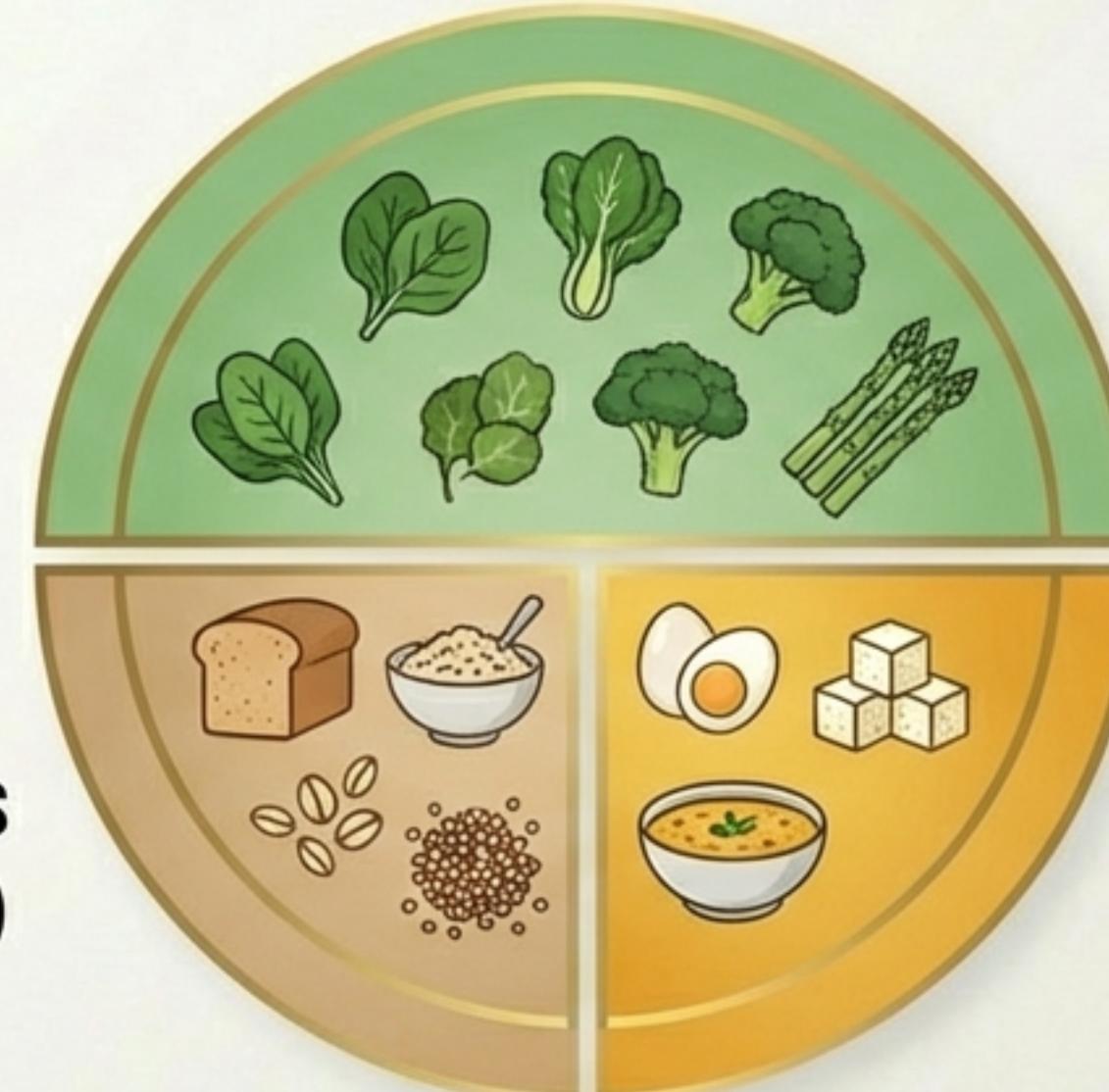
CRITICAL: Never skip doses. If you miss a dose, do not double up.
Consult your doctor for specific advice.

05 | The Fuel

The Ideal Breakfast Window (7:00 – 8:00 AM)

Eating late worsens the dawn phenomenon. Your insulin sensitivity is highest right now.

25% Complex Carbs
(Whole grains, Oats)



**50% Non-Starchy
Vegetables (Fiber)**

25% Protein
(Eggs, Paneer, Dal)

Breakfast Inspiration Menu



YES - Eat This



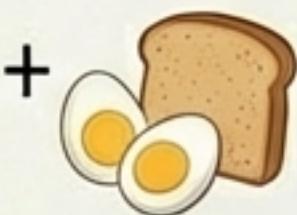
Indian: Moong dal chilla with mint chutney



Indian: Veggie poha (extra veggies)



Continental: Boiled eggs + whole grain toast



Quick: Chia seed pudding (prep overnight)



NO - Avoid This



White bread / Maida



Fruit juices (even fresh)



Sugary cereals



Instant oats with added sugar



06 | The Activation

Movement as Medicine

Golden Rule: Best time is **30-60 minutes AFTER** breakfast.



Beginner

10 min brisk walk + 5 min stretch



Intermediate

20 min cardio + 10 min bodyweight squats



Advanced

30 min cardio + 20 min strength training

Safety Protocol: Hypoglycemia Alert

Warning Signs



Shakiness



Sweating



Dizziness



Confusion

The STOP Protocol

Step 1:  **STOP** immediately.
Sit down.

Step 2:  **CONSUME** 15g fast-acting carbs (glucose tabs, candy).

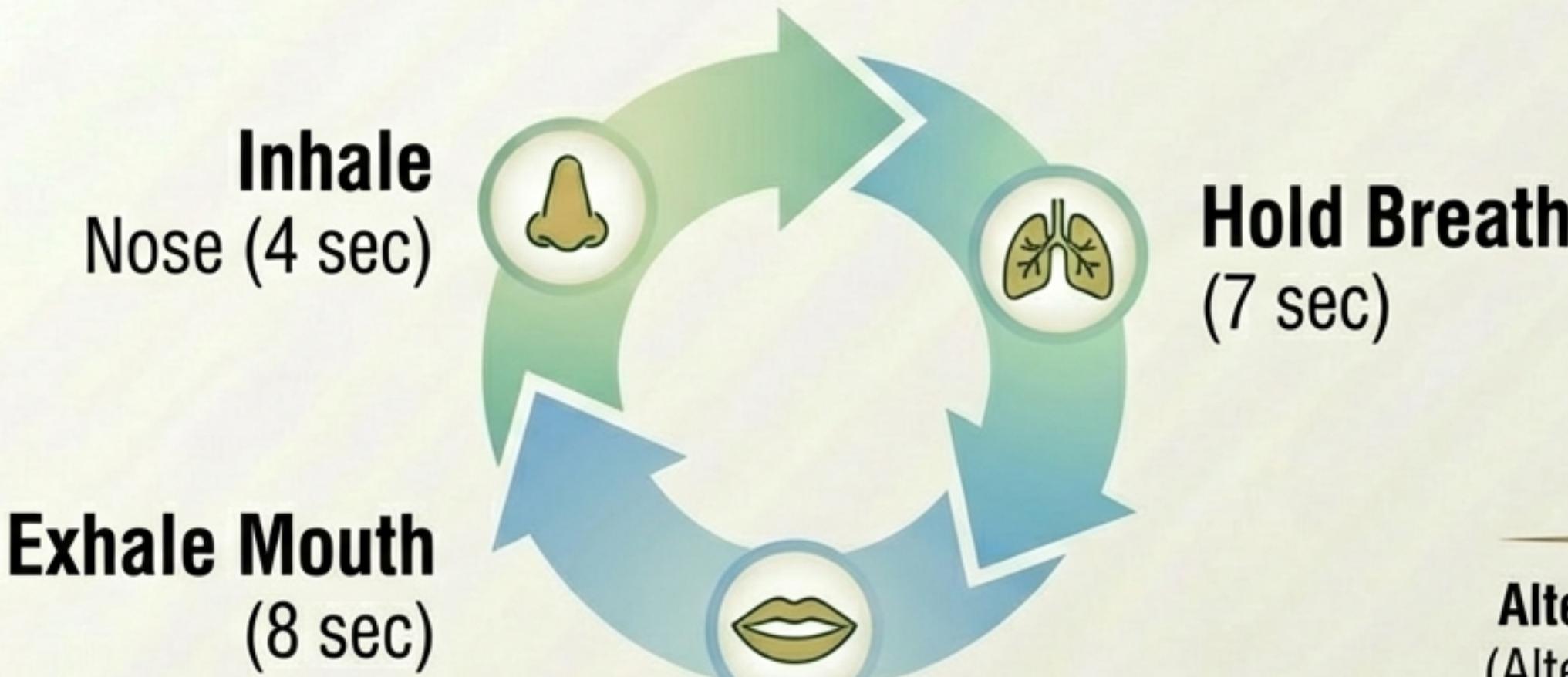
Step 3:  **WAIT** 15 minutes and re-check sugar.

Do not exercise if fasting sugar is > 250 mg/dL.

07 | The Mindset

Breathwork for Blood Sugar

Stress hormones raise blood sugar. 5-10 minutes of calm can lower fasting glucose by 10-20 mg/dL.



Alternative: Anulom Vilom
(Alternate Nostril Breathing)

Build the Habit: The 30-Day Challenge



Week 1

Synchronization.
Wake at 5:30 AM
+ Hydration.



Week 2

Nourishment.
Add Meds timing +
Breakfast window.



Week 3

Activation.
Add 15 mins
post-meal walk.



Week 4

Mindset.
Add breathing
exercises.



Your Daily Morning Checklist

- Wake up (5:30-6:30 AM)
- Test Fasting Sugar
- Drink Water (Lemon/Methi/Plain)
- Wait 30-45 mins
- Medication (Per timing rule)
- Breakfast (50% Veg / 25% Protein / 25% Carb)
- Exercise (30-60 mins after food)
- Breathwork (5-10 mins)

Screenshot this slide for your daily reference.

Resources & Tracking

Weekly Tracking Table

Day	Wake Time	Fasting Sugar	Breakfast Time	Exercise	Mood (1-5)
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Need personalized
coaching?

health.gheware.com

Scan for
Tips

Important Disclaimer

This guide is for educational purposes only and should not replace medical advice. Always consult your doctor before making changes to medication timing or starting a new exercise routine. Work with a certified diabetes educator for personalized plans.
Monitor your blood sugar regularly.

© 2025 Health Gheware | All Rights Reserved.

Health Gheware | health.gheware.com | [@health_gheware](https://www.instagram.com/@health_gheware)