📊 Nightscout CGM Report

2026-01-15 to 2026-01-21 (7 days) • 2016 readings

91.1%

Time in Range (70-180 mg/dL)

6.5%

GMI (Estimated A1C)
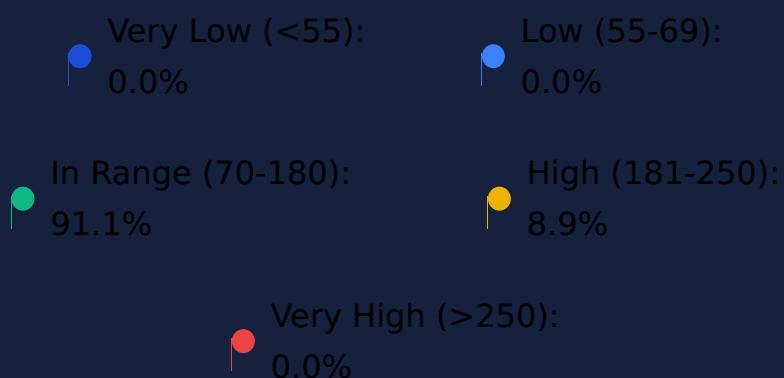
23.2%

CV (stable)

133.4

Average Glucose (mg/dL)

Time in Range Distribution

Very Low (<55): 0.0%

Low (55-69): 0.0%

In Range (70-180): 91.1%

High (181-250): 8.9%

Very High (>250): 0.0%

Modal Day (Typical 24-Hour Profile)

Shows your typical glucose pattern throughout the day. The shaded area represents the 10th-90th percentile range.

Daily Average & Time in Range

Day of Week Comparison

Glucose Distribution

Time-in-Range Heatmap (Day × Hour)

Darker green = higher time in range. Red/orange = problem areas needing attention.

Weekly Summary