




Nightscout CGM Report

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

 **Not medical advice.** This report is for informational purposes only. Always consult your healthcare provider for diabetes management decisions.

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



Generated by **Nightscout CGM Skill** on 2026-01-21 19:45

Data stays local. Your privacy is protected. 