



# 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)

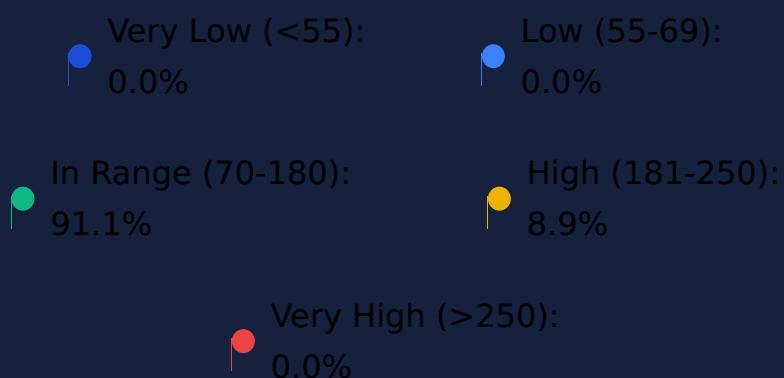
**23.2%**

CV (stable)

**133.4**

Average Glucose (mg/dL)

## Time in Range Distribution



## | 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. 