WHAT IS **TIME IN RANGE?**

The percentage of time glucose levels are between 3.9-10 mmol/L for a set period of time.

CONSENSUS REPORT DEFINITIONS[1]:

- **IN RANGE**
- **TIME BELOW RANGE**
- **TIME ABOVE RANGE**

EVERY 4% INCREASE IN TIME IN RANGE (TIR) ADDS:

- **1 MORE HOUR IN RANGE/DAY***
- **15 MORE DAYS IN RANGE/YEAR****

90% TIR = 21.6 hrs/day

80% TIR = 19.2 hrs/day

70% TIR = 16.8 hrs/day

60% TIR = 14.4 hrs/day

50% TIR = 12 hrs/day

40% TIR = 9.6 hrs/day

30% TIR = 7.2 hrs/day

20% TIR = 4.8 hrs/day

10% TIR = 2.4 hrs/day

DID YOU KNOW?

More time in range means less highs and lows **– and may result in a better quality of life.**[2,3]

* 1 hour/24 hours = 4%

** 4% x 365 days = 14.6 days

[1] Agiostratidou, G, Anhalt, H, Blonde, L. et. al. Standardizing clinically meaningful outcome measures beyond HbA1c for type 1 diabetes: A consensus report of the American Association of Clinical Endocrinologists, the American Association of Diabetes Educators, the American Diabetes Association, the Endocrine Society, JDRF International, The Leona M. and Harry B. Helmsley Charitable Trust, the Pediatric Endocrine Society, and the T1D Exchange. Diabetes Care 2017(40):1622–1630.

[2] Vanstone, M, Rewegan, A, Brundisini, F, et al. Patient perspectives on quality of life with uncontrolled type 1 diabetes mellitus: A systematic review and qualitative meta-synthesis. Ont Health Technol Assess Ser. 2015; 15(17): 1–29. 3. Ayano-Takahara, S, Ikeda, K, Fujimoto, S, Hamasaki, A, et al. Glycemic variability is associated with quality of life and treatment satisfaction in patients with type 1 diabetes. Diabetes Care 2015 Jan; 38(1): e1-e

[3] Ayano-Takahara, S, Ikeda, K, Fujimoto, S, Hamasaki, A, et al. Glycemic variability is associated with quality of life and treatment satisfaction in patients with type 1 diabetes. Diabetes Care 2015 Jan; 38(1): e1-e2.

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