Time in Range (TIR) & HbA1c

Understanding Your Continuous Glucose Monitor (CGM) Results

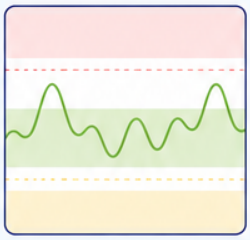
Coastal Kids ENDOCRINOLOGY AND WEIGHT MANAGEMENT

1. What Does My CGM Show?

- Measures glucose every few minutes
- Creates a 24-hour glucose graph
- Shows when glucose is in range, above range, or below range
- Your diabetes care team usually reviews about 14 days of CGM data to identify patterns and guide treatment.

2. What is Time in Range?

Time in Range (TIR) is the percentage of time your glucose stays between 70–180 mg/dL.

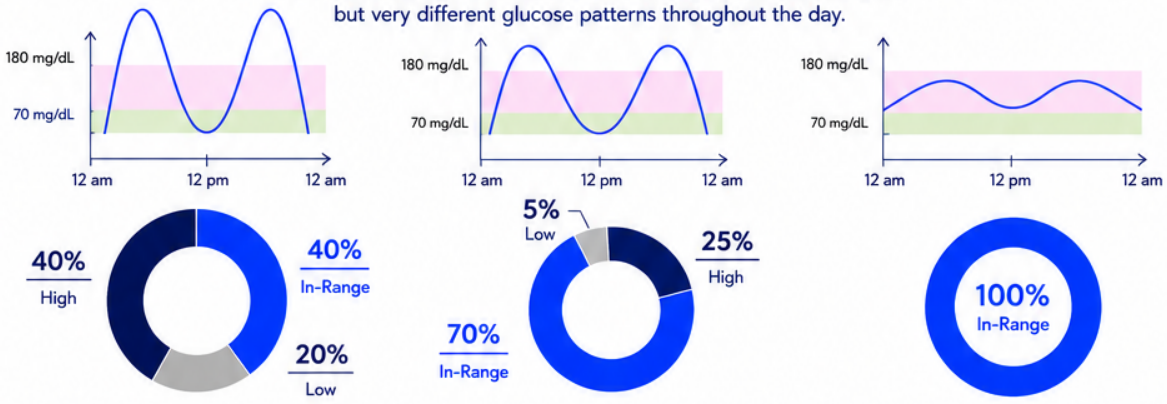


3. Recommended CGM Targets

Glucose Range	Recommended Target
Above 180 mg/dL	Less than 25%
Time in Range (70–180 mg/dL)	**70% or higher** ★
Below 70 mg/dL	4% or less
Below 54 mg/dL	Less than 1%
★ Time in Tight Range (70–140 mg/dL)	People without diabetes spend about 96%

4. Same Average Glucose...Different Time in Range

The examples below all have the same average glucose (154 mg/dL), but very different glucose patterns throughout the day.



Average glucose (HbA1c) tells only part of the story.

5. Both Time in Range and HbA1c Matter

Time in Range (TIR)	HbA1c
Shows glucose patterns throughout the day	Shows your average glucose over the past 2–3 months
Shows highs and lows	Does not show daily glucose changes
Helps guide treatment decisions	Measures overall diabetes control

Together, Time in Range and HbA1c provide the most complete picture of diabetes management.

6. Why is Time in Range Important?

Improving Time in Range may help:

- ★ Improve energy and daily well-being
- ★ Lower the risk of long-term diabetes complications

Blood glucose is affected by:

Meals · Physical Activity · Sleep · Stress · Illness · Hormones

Your CGM helps you and your diabetes care team recognize these patterns and make informed treatment decisions together.

7. Remember

Progress—not perfection—is the goal!

Every extra hour spent in your target range benefits your health.

Small improvements in Time in Range can make a meaningful difference over time.

(850) 203-6654 · office@coastalkidsendo.com · www.coastalkidsendo.com

400 Gulf Breeze Parkway, Suite 300 • Gulf Breeze, FL 32561

Revised 07/2026