**为什么早晨起床后空腹血糖比晚上睡觉前血糖还高？(28)**

这种情况是有可能出现的。

考虑有两个原因：

一是黎明现象,就是说在清晨时会有一个升糖激素分泌高峰,这需要胰岛素相应升高,而糖尿病患者胰腺功能障碍,不能使胰岛素升高,所以出现清晨血糖比晚上睡觉前血糖还高;

二是苏木杰反应, 就是说在夜间患者出现过低血糖,机体自身为了保护,反应性地引起血糖升高。可以测定一下凌晨三点的血糖,此时如有低血糖，则清晨血糖升高是为反应性升高。

Do You Know?(28)

- Why is it that the morning blood sugar is higher than the previous day before going to bed?

This situation is likely to arise.

There are two reasons to consider:

First, there is the dawn phenomenon, which says that in the morning there will be a peak of glucagon secretion, which requires a corresponding increase in insulin. However, with diabetes there is pancreatic dysfunction. This results in an inability to make insulin rise, so that the early morning blood sugar is higher than the previous night;

Second, the Su Mu Jie reaction, that occurs in patients with low blood sugar at night, in order to protect the body's own, reactively causes blood sugar to elevate in the morning. This can be measured at three o'clock (3AM) in blood sugar. If showing low blood sugar at 3AM, the early morning blood sugar elevated has reacted.