

A Day in the Life: 24 Hours with T1D

Living with type 1 diabetes (T1D) is a constant balancing act. People with T1D must regularly monitor their blood sugar levels, inject or continually infuse insulin through a pump, and carefully regulate insulin doses with eating and activity 24 hours a day. Many people are unaware of what it's like to live with the daily demands of T1D—this activity can help you understand!

HOW IT WORKS

For the next 24 hours, you have type 1 diabetes. Find and wear an ordinary rubber band on your wrist.



Follow the adjacent schedule and make sure that every time it indicates **blood sugar check** or **insulin administered**, you give yourself a good snap with the rubber band!



You will learn a lot about what it is like to have T1D, but there is one important difference: At the end of the 24 hours, you can take off the bracelet and go on with your life.

Learn more about T1D at jdrf.org

7:00 AM		Blood sugar check* (reading: 269) Eat breakfast (calculate carbohydrates) Insulin administered**
9:30 AM		Blood sugar check* (reading: 60) Have juice to bring blood sugar up Check blood sugar again in 15 minutes
9:45 AM		Blood sugar check* (reading: 92)
11:51 AM		Blood sugar check* (reading: 106) Eat lunch (calculate carbohydrates) Insulin administered**
3:45 PM		Blood sugar check* (reading: 167) Eat snack (calculate carbohydrates) Insulin administered**
6:10 PM		Blood sugar check* (reading: 132) Eat dinner (calculate carbohydrates) Insulin administered**
7:15 PM		Blood sugar check* (reading: 170) Ride your bike
9:00 PM		Blood sugar check* (reading: 56) Have juice to bring blood sugar up. Have snack whether hungry or not. Check blood sugar again in 15 minutes.
9:15 PM		Blood sugar check* (reading: 70) Coming up, but not high enough yet. Check again in 15 minutes.
9:30 PM		Blood sugar check* (reading: 85)
12:03 AM		Blood sugar check* (reading: 306) Insulin administered** to reduce high blood sugar
3:00 AM		Blood sugar check* (reading: 260) Insulin administered** to reduce high blood sugar

*Target blood sugar range is 70-180, but varies by individual.

**Amount determined by number of carbs and anticipated activity

At JDRF we're leading the fight against type 1 diabetes (T1D) by funding research, advocating for policies that accelerate access to new therapies, and providing a support network for millions of people around the world impacted by T1D.

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