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## SAMPLE BASAL PROFILES

This table shows how a person's basal profile for a day that includes heavy exercise might differ from a day with no exercise or only light exercise.

On a day without exercise, the basal rate may need to be increased from 4 AM to 6 AM (and tapered back down from 6 AM to 10 AM) to compensate for the dawn phenomenon—high blood glucose in the early morning due to the release of counterregulatory hormones during the night.

The basal profile of a light exercise day can be the same as the no-exercise day, but the basal rate might

need to be lowered during the activity and 30–60 minutes after the activity.

On a day that includes heavy exercise, such as an hour-long run starting at 11 AM, the basal rates for the whole day may be lower, with the basal rate during exercise additionally lowered to just 0.1 or 0.2 units per hour or with the pump disconnected altogether during exercise.

These examples are for illustration purposes only. Each person's basal rates and basal profiles will be somewhat different.

|             | NO EXERCISE        | LIGHT EXERCISE     | HEAVY EXERCISE     |
|-------------|--------------------|--------------------|--------------------|
| 12 AM–4 AM  | 0.5 units per hour | 0.5 units per hour | 0.4 units per hour |
| 4 AM–6 AM   | 0.7 units per hour | 0.7 units per hour | 0.6 units per hour |
| 6 AM–10 AM  | 0.6 units per hour | 0.6 units per hour | 0.5 units per hour |
| 10 AM–12 AM | 0.5 units per hour | 0.5 units per hour | 0.4 units per hour |

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