**Hyperglycemia (High Blood Glucose)**

* Too little insulin or when the body can't use insulin properly.

**What Causes Hyperglycemia?**

* If you have **type 1**, you may not have given yourself enough insulin.
* If you have **type 2**, your body may have enough insulin, but it is not as effective as it should be.
* You ate more than planned or exercised less than planned.
* Stress
* [**The dawn phenomenon**](http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/dawn-phenomenon.html)

**What are the signs and symptoms?**

* High blood glucose
* High levels of sugar in the urine
* Frequent urination
* Increased thirst
* Dry mouth
* Blurred vision
* Weight loss
* Stomach pain
* Nausea

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