

Supplementary Table 1. Designated periods in the assessment of glucose levels

	Bolus insulin given ^a	Bolus insulin not given ^b
Pre-breakfast	5:30 AM–8:30 AM	6:00 AM–8:00 AM
Post-breakfast	5:30 AM–8:30 AM	9:00 AM–10:00 AM
Pre-lunch	10:30 AM–1:30 PM	11:00 AM–1:00 PM
Post-lunch	10:30 AM–1:30 PM	2:00 PM–3:00 PM
Pre-dinner	4:30 PM–7:30 PM	5:00 PM–7:00 PM
Post-dinner	4:30 PM–7:30 PM	8:00 PM–9:00 PM

^aLeft column: Designated time periods indicate typical mealtime interval. Preprandial glycemic values were generally defined as the glucose values obtained nearest to the administration of bolus insulin during the typical mealtime interval, and postprandial glycemic values as the first measured glucose values 1.5 to 2.5 hours after bolus insulin delivery, ^bRight column: When the bolus insulin was not administered, preprandial/postprandial glycemic values were arbitrarily defined as the glucose values obtained in the designated time periods.