

**Supplementary Table 4.** Mean glucose levels according to time of the day

	Estimated means, mg/dL		Adjusted <i>P</i> value
	Period 1	Period 2	
3:00 AM	151.4±2.9	148.9±2.9	0.555
Pre-breakfast	154.4±2.3	149.7±2.3	0.165
Post-breakfast	200.8±10.8	228.6±4.6	0.028
Pre-lunch	211.9±3.1	195.6±3.1	<0.001
Post-lunch	218.6±10.0	198.9±5.9	0.114
Pre-dinner	217.3±3.1	182.4±3.1	<0.001
Post-dinner	253.7±14.4	211.7±5.0	0.009
Bedtime	217.0±3.7	193.8±4.8	<0.001
Total	198.0±2.3	181.3±2.3	<0.001

Values are presented as mean±standard error. Analysis of covariance (ANCOVA) analyses were performed, adjusted for age, sex, body mass index, weight, estimated glomerular filtration rate, diabetes duration, glycated hemoglobin, number of concurrent antidiabetic medications, antidiabetic medication use, and number of plasma glucose measurements by point-of-care testing.