

# TAKING STIMULANTS WITH T1D



## 1 Movement

These substances can increase activity and hypoglycaemia risks

- Keep glucose >7.0 mmol/L
- Take carbs when active
- Let people know you have T1D
- Carry all diabetes kit

## 2 Sleep Deprivation

Stimulants disrupt sleep, causing insulin resistance



- Rest and recover afterwards
- Be careful with co-consuming alcohol



## 3 Neurochemical Depletion

After using MDMA or cocaine, mood will likely decrease

- Aim for 7.0–10.0 mmol/L or 166–180 mg/dL (not perfection) • Have CGM followers