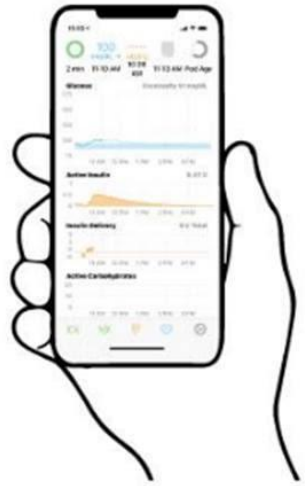
Loop AND Learn

Master Your DIY Closed-Loop Insulin Delivery System



Nightscout Basics

What is it? Why do I need it? How do I get it?

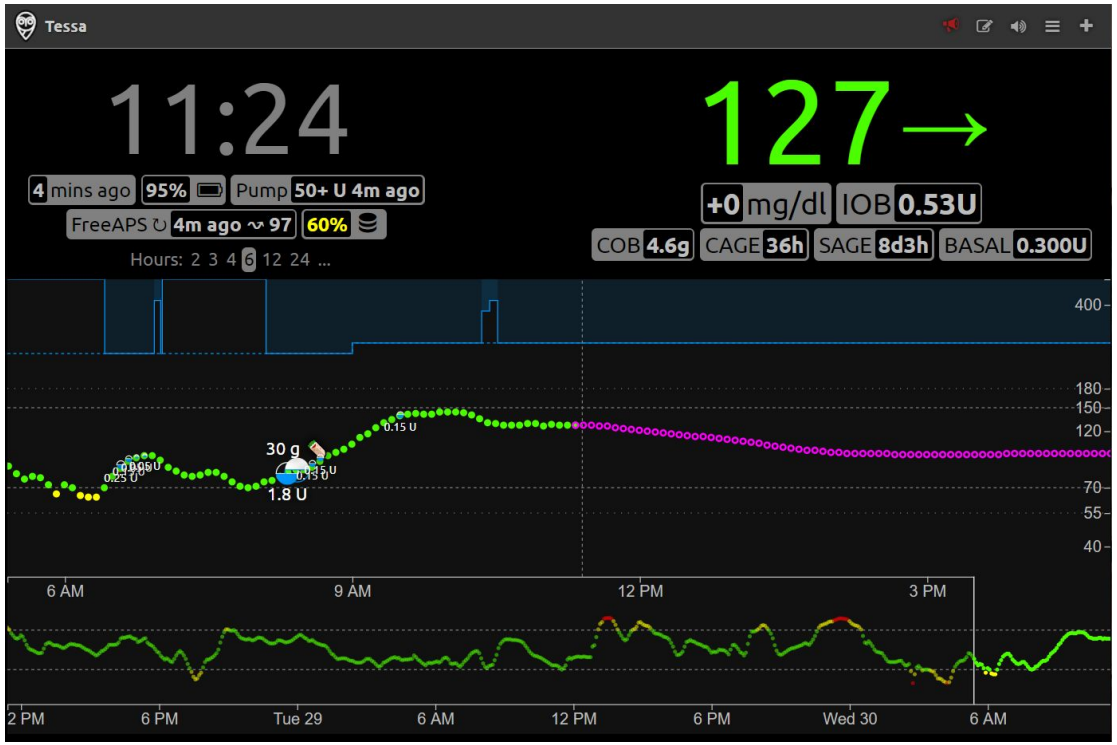
August 2021 (PDF Revised April 22, 2023)

[Nightscout Basics (YouTube Video)]

What is Nightscout?

Nightscout is a multi-purpose tool

- **Dashboard**
  - Dense, need to learn how to use this
  - Displays essential information
  - Customizable, includes graphs and pills
- **Database**
  - Stores information
  - Supports **displays**, **reports** and **analysis**
- **Careportal (Log a Treatment)**
  - Allow multiple caregivers to be informed
  - Record notes: Exercise, Special Meals



Nightscout may appear cluttered at first . . . but do not get overwhelmed

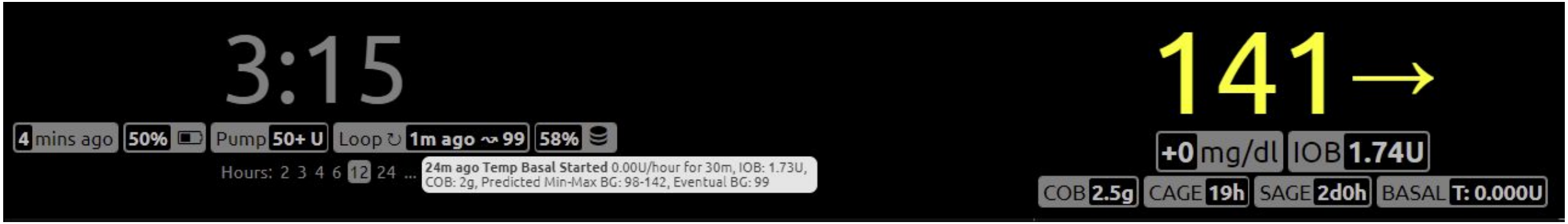
Why use Nightscout?

Nightscout is the BEST tool for consolidating your data, analyzing your settings and preparing information for your doctor

- Successful loopers use Nightscout to guide setting adjustments
- Most mentors are more willing to assist you if you have a Nightscout site
- You can analyze and adjust settings while in closed loop (so long as you are close), **without fasting and on a "normal" day** with Nightscout

Be kind to your mentors . . .
use Nightscout

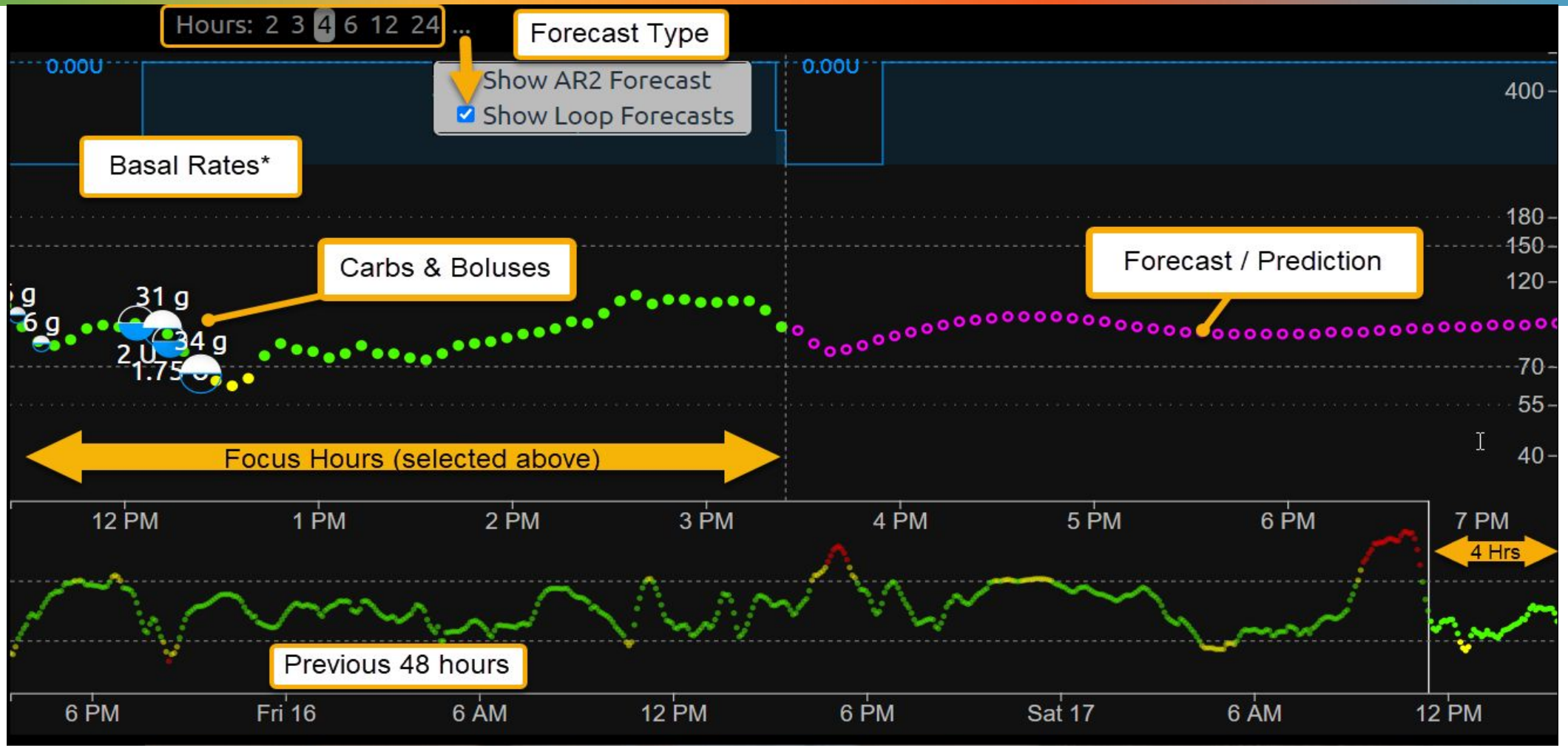
Instrument panel - top of the Dashboard



- Clock
- "Pills"
  - Small boxes with data
  - More info when you hover
- CGM reading and trend arrow
- Customize display with plug-ins

"Pills" display selected plug-ins

Graphs


Hours: 2 3 4 6 12 24 ...
Forecast Type
Show AR2 Forecast
Show Loop Forecasts
0.00U
0.00U
Basal Rates*
400
180
150
120
70
55
40
Carbs & Boluses
Forecast / Prediction
31 g
6 g
34 g
2 U
1.75
Focus Hours (selected above)
12 PM
1 PM
2 PM
3 PM
4 PM
5 PM
6 PM
7 PM
4 Hrs
Previous 48 hours
6 PM
Fri 16
6 AM
12 PM
6 PM
Sat 17
6 AM
12 PM

Retro / focus hours

All elements change as you slide the (left edge) of the focus hours along the 48 hour graph

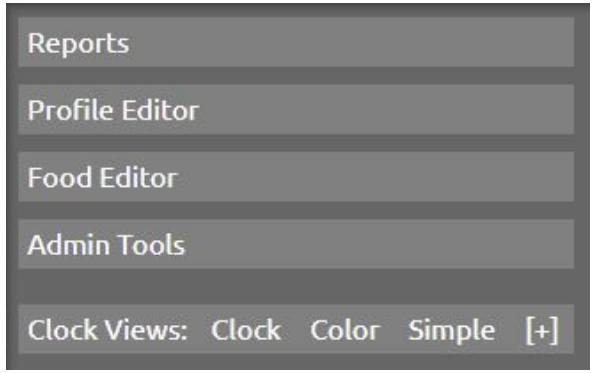
- Pills change
- "Retro" word shows up
- Focus point of time
- Prediction, at that time, overlaid with reality at that time
- Reference pill data

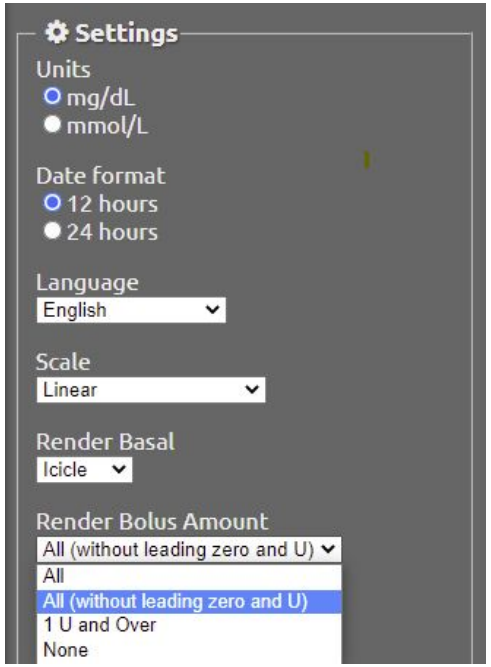
WHY LOOK AT THIS? What does this tell you? This will be covered in a future video … stay tuned!

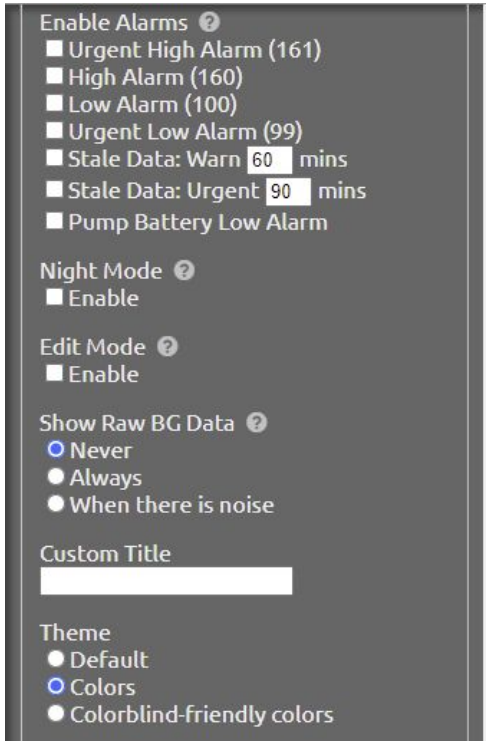
“Hamburger” menu

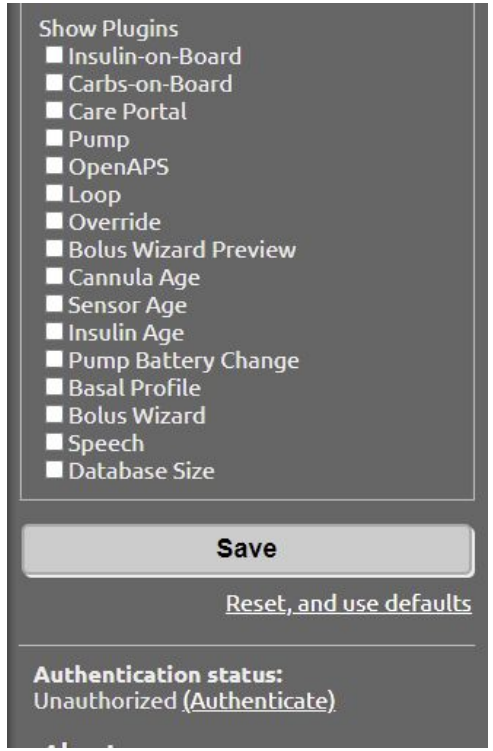
Click on “hamburger” menu (Upper right of Dashboard)

Top Display









Settings: Adjust and Scroll to Bottom to Save

Check Boxes and Values selectable

Follow link for details on set-up

Authentication and Care Portal plugin

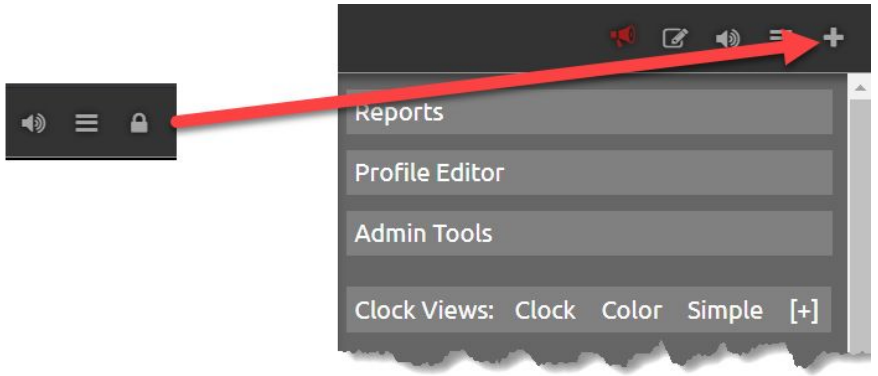
Authenticate Nightscout for access to:

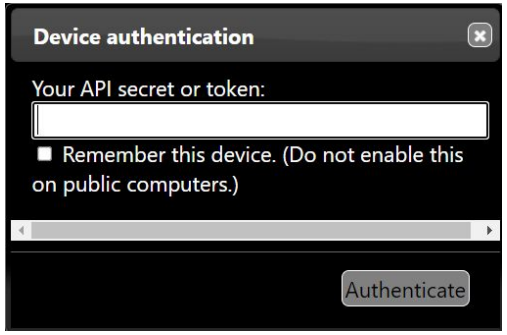
- Care Portal
- Profile Editor
- Admin Tools

To get to Device authentication:

- Click the lock

  OR
- Use "Authenticate" at the bottom of the hamburger menu

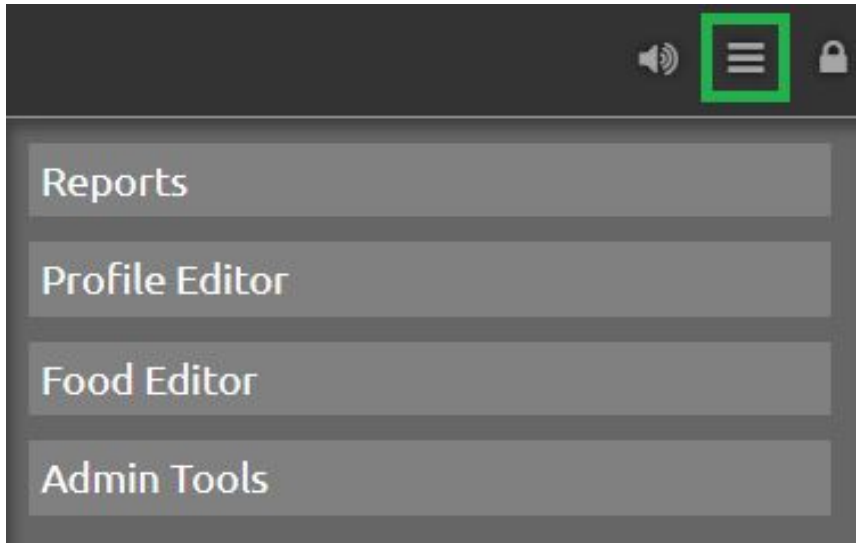




Care Portal plugin must be enabled

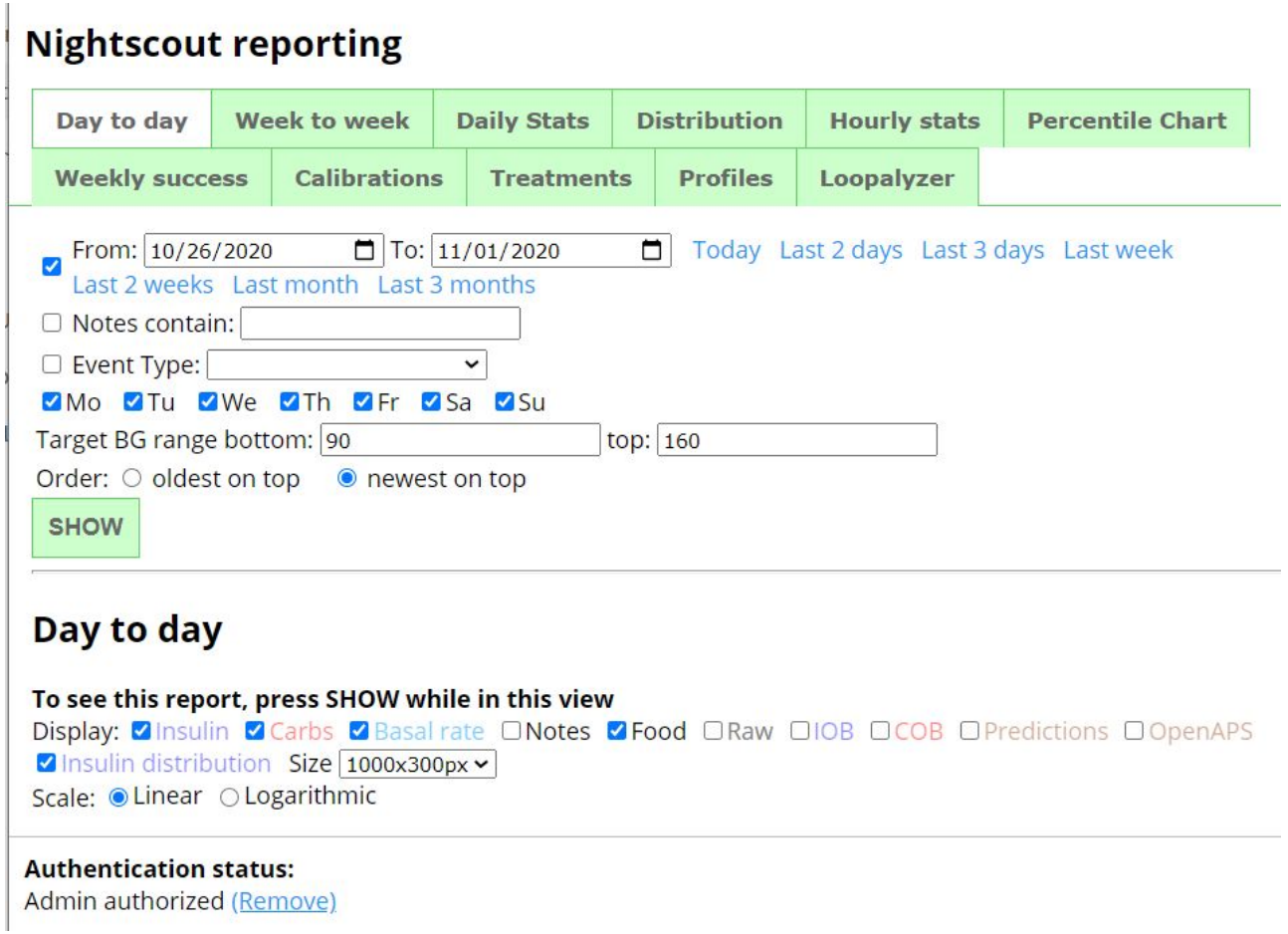
Other parts of Nightscout

Reports



Profiles and Admin Tools

- Device must be authenticated
- Loop auto-uploads profiles



Preview of topics for future presentations

Loop AND Learn

How to get Nightscout?

DIY Nightscout (https://www.loopandlearn.org/nightscout/#ns-get)

- Take your time, similar to building Loop
- Learn terms like “restart your dynos” and “update your config vars”
- Don’t let this scare you - the steps are straightforward

Nightscout as a Service (https://nightscout.github.io/#nightscout-as-a-service)

- There are several sources to get your site created for you for a fee
  - Create and maintain your site
  - Manage your database
  - Provide a simple interface for adjusting desired options

Resources

Websites

- Loop and Learn: www.LoopandLearn.org
- LoopDocs: https://loopkit.github.io/loopdocs/
- Nightscout Documentation: https://nightscout.github.io/

Facebook Groups

- Loop and Learn: https://www.facebook.com/groups/LOOPandLEARN
- Looped: https://www.facebook.com/groups/TheLoopedGroup
- CGM in the Cloud: https://www.facebook.com/groups/cgminthecloud/

YouTube

- Loop and Learn Channel: https://www.youtube.com/c/LOOPandLEARN

Endless thanks go out to all Nightscout contributors and the countless volunteer hours that have supported the ***#WeAreNotWaiting*** *movement*

Loop AND Learn

Thank you for looping with us!

Visit us at

- Loop and Learn Website
- Facebook Loop and Learn
- YouTube Loop and Learn

Loop AND Learn

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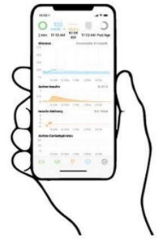

Disclaimer

Nightscout is a do-it-yourself open-source cloud application.

This presentation is provided to assist you in making your own decisions, in consultation with your health care professionals, regarding your own diabetes self-management.

You take full responsibility for building and running this application and do so at your own risk.

Please remember that Nightscout is not FDA-approved.

Other links

- **How to get Nightscout**
  https://www.loopandlearn.org/nightscout/#ns-get
- **Configure your Nightscout (General)**
  https://nightscout.github.io/nightscout/setup_variables/
- **Configure your Nightscout (Loop)**

  https://loopkit.github.io/loopdocs/nightscout/new_user/#add-loop-variables-to-nightscout