**ESM Methods** – List of all tested glycaemic variability parameters

The following glycaemic variability parameters were calculated during 24 hours, during day (between awakening and bedtime), during night (between bedtime and awakening), 1h-pre-meals; 2h-pre-meals; 3h-pre-meals; 1h-pre-breakfast; 2h-pre-breakfast; 3h-pre-breakfast; 1h-pre-lunch; 2h-pre-lunch; 3h-pre-lunch; 1h-pre-dinner; 2h-pre-dinner; 3h-pre-dinner; 1h-post-meals; 2h-post-meals; 3h-post-meals; 1h-post-breakfast; 2h-post-breakfast; 3h-post-breakfast; 1h-post-lunch; 2h-post-lunch; 3h-post-lunch; 1h-post-dinner; 2h-post-dinner; 3h-post-dinner: mean (CGM); SD (CGM); CV (CGM); IQR (CGM); % time >7.8 mmol/l (CGM); AUC >7.8 mmol/l (CGM); continuous overall net glycemnic action (CONGA; CGM).

From the list above SD and CV (both CGM and SMBG) were also calculated fasting. The following parameters were calculated during 24 hours, during day and during night: % time <3.9 mmol/l (CGM) and AUC <3.9 mmol/l (CGM). Mean amplitude of glucose excursions (MAGE; CGM) was calculated during 24 hours. SD and range (both SMBG) were calculated during day.