**Insulin in the Body**

Why do people take different insulins at different times? That's because mealtime and background insulins behave differently, in terms of how soon they kick in, when they peak, and how long they last. Remember, too, that insulin's effects vary from person to person and depending on dosage.

**MEALTIME INSULINS**

*Lispro (Humalog), aspart (NovoLog), glulisine (Apidra)*

**ONSET:** 15 min.

**PEAK:** 40 min. to 2 hours

**DURATION:** 3 to 5.5 hours

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*Regular (Humulin R, Novolin R)*

**ONSET:** 30 to 60 min.

**PEAK:** 2 to 5 hours

**DURATION:** 3 to 6 hours

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**BACKGROUND INSULINS**

*NPH (Humulin N, Novolin N)*

**ONSET:** 2 to 4 hours

**PEAK:** 4 to 10 hours

**DURATION:** 10 to 16 hours

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*Glargine (Lantus), detemir (Levemir)*

**ONSET:** 2 hours

**PEAK:** Relatively flat

**DURATION:** Up to 24 hours

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*Source:* Medical Management of Type 1 Diabetes, Fifth Ed.