- Patient-level meta-analyses of six trials were performed to obtain a comprehensive overview of differences between insulin degludec and insulin glargine.
- The analyses covered trials in patients with basal–bolus-treated type 1 diabetes mellitus ($T1DM_{B/B}$; n=958), insulin-naïve type 2 diabetes mellitus ($T2DM_{insulin\text{-}naïve}$; n=1922), and basal–bolus-treated T2DM ($T2DM_{B/B}$; n=992).
- Compared with glargine, degludec was associated with equivalent glycosylated hemoglobin (HbA_{1c}) control in all populations; greater reductions in fasting plasma glucose (FPG) in $T1DM_{B/B}$ and $T2DM_{insulin\text{-}naïve}$; lower total daily insulin doses in $T1DM_{B/B}$ and $T2DM_{insulin\text{-}naïve}$; and significantly lower nocturnal hypoglycemia rates in all populations.
- The efficacious lowering of FPG values together with lower rates of nocturnal hypoglycemia with degludec is a novel finding that could help encourage more rigorous titration of insulin to achieve target glucose levels.

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