

Freestyle Libre Glucose Sensor Participant Guide

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Provided Material



How to attach the glucose sensor to the skin?

1. Wash the application site with a simple soap, dry the area and then clean the area with an alcohol wipe.



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2. Carefully unpack the FreeStyle Libre sensor applicator and twist off the cap.



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3. Place the sensor applicator over the prepared area and press it firmly onto the skin. When attaching the sensor to the body, a thin, flexible, sterile filament is pushed directly under the skin.



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4. Carefully pull the sensor applicator away from the body. The sensor should now adhere to the skin. Sensor is applied when it looks like this:



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5. Then sensor will now run for 14 days. You will also see the remaining run time in the App. After 14 days you can remove the sensor by pulling it now. Afterwards please add the second sensor immediately again or let us know in the log book for special events in momentUM App why and when you did not wear the sensor.

How to connect to the Freestyle Libre 3 App?

- Download the Freestyle Libre 3 App by scanning this QR Code:



- Create an account by entering a gmail email address that will be provided to you by the study team. If we haven't given it to you, please contact us at **tum.ecosleep@gmail.com**

How to log non-wear time?

- log non-wear time in the logbook of the **MomentTUM App** under "non-wear logging"
- when taking the light logger off, please place it in the black velvet pouch

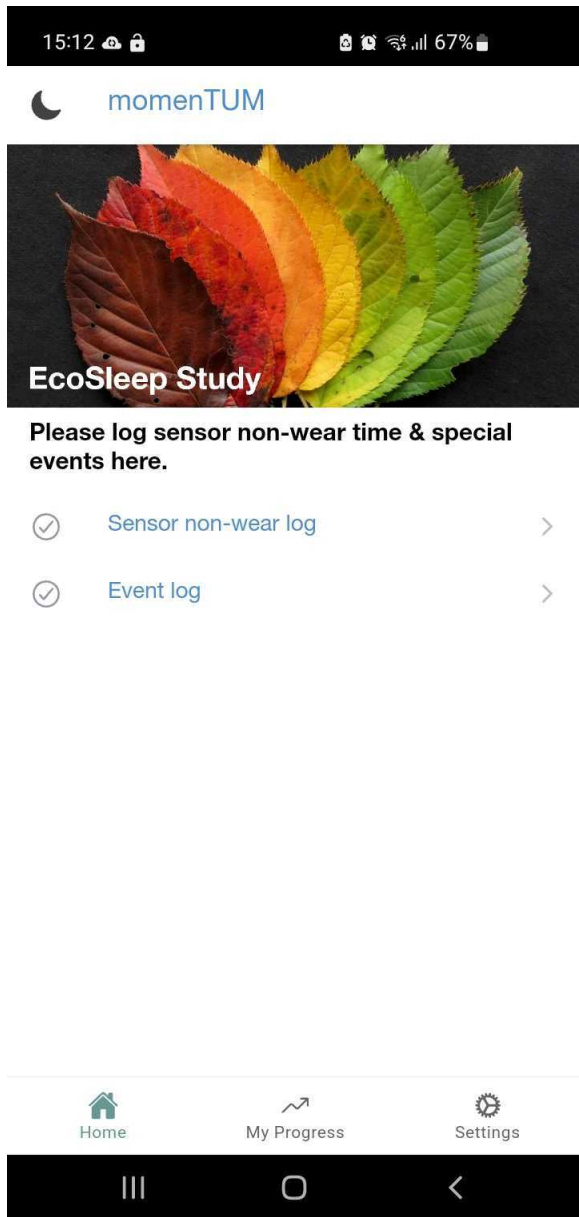


Figure 1 | Log non-wear time here in the Sensor non-wear section of momentTUM



Figure 2 | Log the exact non-wear time for the light logger.

Where to download the momentTUM App for logging-non wear time?

- Apple Appstore:

<https://apps.apple.com/de/app/tum-momentum/id6444047291>

- Google Playstore

<https://play.google.com/store/apps/details?id=de.tum.sg.momentum&pli=1>