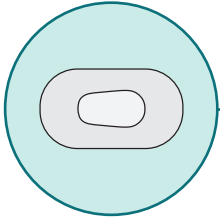


Continuous Glucose Monitor



What is it?

A Continuous Glucose Monitor, or CGM, measures blood sugar levels every 5 minutes. It is about the size of a large coin. It will stick to your body for 10 days. It can be put on the back of your upper arm or your stomach.

What will it feel like?

You might feel a small prick when it's put in. The CGM puts a flexible catheter in your skin, like a small straw. This catheter stays in while you wear it. If the tape feels itchy for more than a few hours, call the Sleep for Health study team.

Can I shower/swim/get the CGM wet?

Yes. The CGM is waterproof and will stay on during your daily activities.

Can I see the data?

No. For this study, you will not be able to see CGM data.

How do I take it off?

After 10 days, remove the CGM by slowly peeling off the tape. Return it to the Kaiser Center for Health Research by shipping it back to us in the mailer we gave you at the visit.

What happens if it falls off early?

Please call the study team if your CGM falls off. If you wore it for less than 5 days, you'll need to go back to the clinic to have a new one put in.