

Are you a shift worker with type 2 diabetes?

RESEARCH VOLUNTEERS NEEDED

WHAT WE ARE LOOKING FOR:

- Shift workers with diagnosed type 2 diabetes
- Work a mixed/rotating shift pattern with regular night shifts (minimum 4 nights per month)
- Work in a hospital/residential care setting - any job role

WHAT WE NEED YOU TO DO:

- For 10 days you will need to:
- Wear a continuous glucose monitor and an activity monitor
- Record your food, sleep and working hours

YOU WILL RECEIVE £60 + INDIVIDUAL REPORT WITH INFORMATION ABOUT YOUR BLOOD GLUCOSE, NUTRITION, SLEEP AND PHYSICAL ACTIVITY UPON COMPLETION

The study can be completed remotely from anywhere in the UK

**HELP DEVELOP DIET AND LIFESTYLE ADVICE
FOR SHIFT WORKERS WITH TYPE 2 DIABETES**

For questions or more information on how to take part
please contact Maria:

✉ shift-diabetes@kcl.ac.uk

📞 020 7848 4356

WhatsApp: 07864 615972

or visit www.shift-diet.co.uk

Scan for more info!

