In this video, Matt who is in his late 20s and one of our video producers, shares his experience about using a Freestyle Libre 2, a type of flash glucose monitor.

Footage starts with him just about to film the video which shows that his nervousness has led to a spike in his blood sugar – with a reading at 6.4.

During the video he is seated, at home in front of a plain wall with a plant next to him.

At the end of the video, he walks to the camera and switches it off.