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## Strain, torsion and refractive index sensors based on helical long period fibre grating inscribed in small-core fibre for structural condition monitoring

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Abstract:	This study is intended to develop long period fibre grating sensors for potential applications in environmental and durability monitoring of coastal structures. High-quality helical long period fibre gratings (HLPFGs) are inscribed in different types of small-core single mode fibres (SMFs) by use of hydrogen-oxygen flame heating technique. A detailed investigation of the effect of core diameter on their transmission spectrum and optimum length of the HLPFG has been pursued. A longer length is required to achieve the same coupling attenuation in a smaller-core SMF than that of a larger-core fibre. The strain, torsion and refractive index (RI) properties of the HLPFG is investigated experimentally to develop a high-sensitivity sensor. The experimental results show that the strain sensitivity could be enhanced by means of employing a larger-core diameter SMF. Moreover, the HLPFGs are also sensitive to the torsion and external RI. Hence, such HLPFGs have great potential for sensing applications.

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5 **Strain, torsion and refractive index sensors based on helical long period**

6 **fibre grating inscribed in small-core fibre for structural condition**

7 **monitoring**

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## Abstract

31 This study is intended to develop long period fibre grating sensors for potential applications

32 in environmental and durability monitoring of coastal structures. High-quality helical long period

33 fibre gratings (HLPFGs) are inscribed in different types of small-core single mode fibres (SMFs)

34 by use of hydrogen-oxygen flame heating technique. A detailed investigation of the effect of core

35 diameter on their transmission spectrum and optimum length of the HLPFG has been pursued. A

36 longer length is required to achieve the same coupling attenuation in a smaller-core SMF than that

37 of a larger-core fibre. The strain, torsion and refractive index (RI) properties of the HLPFG is

38 investigated experimentally to develop a high-sensitivity sensor. The experimental results show

39 that the strain sensitivity could be enhanced by means of employing a larger-core diameter SMF.

40 Moreover, the HLPFGs are also sensitive to the torsion and external RI. Hence, such HLPFGs

41 have great potential for sensing applications.

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5 **Key words:** Fibre optics components, sensors, helical long period fibre gratings, structural health  
6 monitoring, hydrogen-oxygen technique.  
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## 12 **Introduction**

  
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15 Optical fibre sensor based on conventional fibre Bragg grating and long period fibre grating  
16 has been used to monitor various parameters such as temperature (Pei et al., 2016), strain (Lau et  
17 al., 2001), moisture (Sun et al., 2012), and pH (Ni et al., 2019, Nguyen et al., 2014) for health  
18 monitoring of civil engineering structures. However, the sensors based on helical long period fibre  
19 grating (HLFPG) have not been reported yet. The HLFPG with periodic screw-type refractive  
20 index (RI) modulation along the fibre axis has attracted great attention in various fields, such as  
21 orbital angular momentum (OAM) mode generator (Xi et al., 2014, Fu et al., 2018a), all-fibre  
22 circular polarization filter (Zhu et al., 2018), band-rejection filter (Inoue et al., 2016, Shin et al.,  
23 2007), torsion (Zhang et al., 2016, Xi et al., 2013) or RI sensors (Wang and Li, 2016, Ren et al.,  
24 2016) due to its unique properties. To date, various inscription methods, such as those using fibre  
25 drawing tower (Wong et al., 2012), electric arc discharge (Li et al., 2018a, Sun et al., 2017), CO<sub>2</sub>  
26 laser irradiation (Oh et al., 2004), and hydrogen-oxygen flame heating (Fu et al., 2018b, Li et al.,  
27 2018b), have been proposed and demonstrated to inscribe HLPFGs in different types of fibres,  
28 such as single mode fibre (SMF) (Fu et al., 2018b), few-mode fibre (FMF) (Zhao et al., 2019,  
29 Zhang et al., 2019), multi-core fibre (Shen et al., 2017), polarization-maintaining fibre (Jiang et al.,  
30 2019), photonic crystal fibre (PCF) (Fu et al., 2018a, Xi et al., 2014), and photonic band-gap fibre  
31 (Li et al., 2018a). Among these devices, the researchers focused on the characteristics of  
32 generating OAM mode based on these HLPFGs. For example, Xi et al. demonstrated the  
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5 generation of the  $OAM_{\pm 1}$  modes based on a HLPFG in three-bladed Y-shaped core PCF (Xi et al.,  
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7 2014). Recently, the authors also experimentally demonstrated an  $OAM_{+1}$  and  $OAM_{\pm 6}$  mode  
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9 generators based on HLPFGs in SMF and PCF, respectively, by use of hydrogen-oxygen flame  
10 heating technique (Fu et al., 2018b, Fu et al., 2018a). Moreover, the sensing properties of the  
11 HLPFG in SMF with different cladding diameters by adjusting the relative velocity values of two  
12 translation stages were also demonstrated and compared (Li et al., 2018b, Zhao et al., 2020).  
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14 However, the sensing responses to strain, torsion, RI and their dependence on the size of the core  
15 diameter have not been completely investigated yet.  
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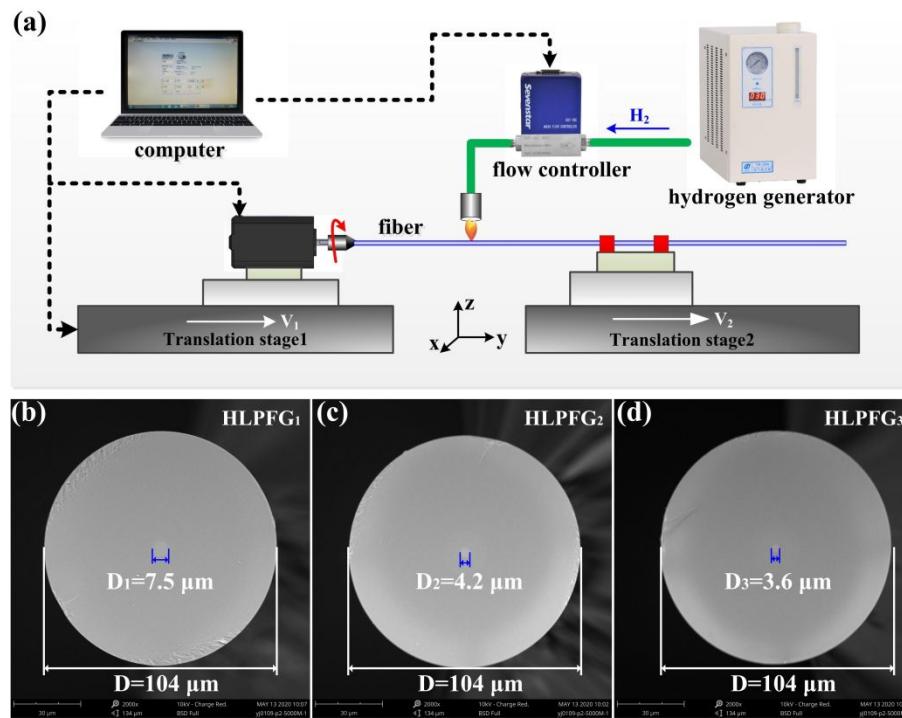
18 In this work, the HLPFG samples are fabricated in SMF with different core diameters by use  
19 of the hydrogen-oxygen flame heating technique. The effect of the core diameter on transmission  
20 spectrum and the optimum length of the HLPFG were investigated experimentally. The strain,  
21 torsion, and external RI properties of  $HLPFG_1$ ,  $HLPFG_2$ , and  $HLPFG_3$  with a core diameter of 7.5,  
22 4.2, and 3.6  $\mu\text{m}$ , respectively, were investigated to develop a high-sensitivity sensor. Moreover,  
23 their sensing sensitivity dependence on the size of the core diameter was also discussed.  
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### 38 **HLPFG Fabrication**

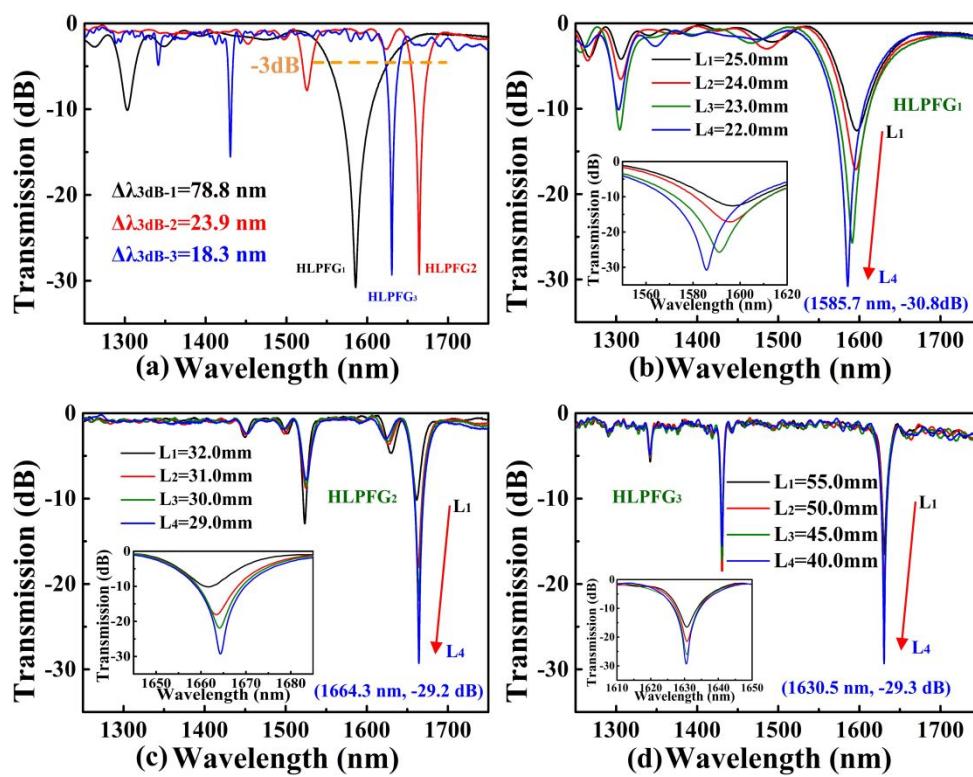
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41 As shown in Figure 1(a), a hydrogen-oxygen flame heating system, consisting of a fibre  
42 rotation motor, two translation stages, and a hydrogen-oxygen flame generator, was used to  
43 fabricate the HLPFGs. In the experiment, three types of SMFs with an original cladding diameter  
44 of 125  $\mu\text{m}$  and core diameter of 9.0, 5.1, and 4.4  $\mu\text{m}$ , respectively, were employed to inscribe  
45 HLPFGs. The detailed fabrication procedures to inscribe the HLPFG by use of hydrogen-oxygen  
46 technique are exactly the same as the ones that reported (Fu et al., 2018b). Note that in the  
47 experiment the velocity of two translation stages, i.e.,  $V_1$  and  $V_2$ , were set as 1.33 and 1.60 mm/s,  
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then the helical pitch ( $\Lambda$ ) could be calculated by the equation  $\Lambda = 60V_2/\Omega$ , where  $\Omega$  is the rotational speed of the fibre rotation motor. Each end of the achieved HLPFGs was spliced with a SMF to measure the transmission spectrum by use of a broadband light source and an optical spectrum analyzer.



**Figure 1.** (a) Experimental setup for inscribing HLPFGs in SMF by use of hydrogen-oxygen flame heating technique; (b)-(d) Scanning electron micrographs of the cross section of achieved three HLPFGs, i.e., HLPFG<sub>1</sub>, HLPFG<sub>2</sub>, and HLPFG<sub>3</sub>, with a reduced cladding diameter of 104  $\mu\text{m}$  and core diameter of (b)  $D_1 = 7.5 \mu\text{m}$ , (c)  $D_2 = 4.2 \mu\text{m}$ , and (d)  $D_3 = 3.6 \mu\text{m}$  inscribed in SMFs with an original cladding diameter of 125  $\mu\text{m}$  and core diameter of 9.0, 5.1, and 4.4  $\mu\text{m}$ , respectively.



**Figure 2.** (a) Transmission spectra of three HLPFGs, i.e., HLPFG<sub>1</sub>, HLPFG<sub>2</sub>, and HLPFG<sub>3</sub>, with the helical pitch of 518.9  $\mu\text{m}$  inscribed in three types of SMFs; Transmission spectrum evolution of (b) HLPFG<sub>1</sub>, (c) HLPFG<sub>2</sub>, and (d) HLPFG<sub>3</sub> with a grating length decrease from L<sub>1</sub> to L<sub>4</sub>. Inset illustrates the transmission spectrum evolution within a larger wavelength range.

To investigate the effect of the fibre core diameter on the transmission spectrum, three HLPFGs, i.e., HLPFG<sub>1</sub>, HLPFG<sub>2</sub>, and HLPFG<sub>3</sub>, with the same helical pitch of 518.9  $\mu\text{m}$  by applying a rotation speed of 185 rpm, were successfully inscribed in three types of SMFs with an original cladding diameter of 125  $\mu\text{m}$  and core diameter of 9.0, 5.1, and 4.4  $\mu\text{m}$ , respectively. Figure 2(a) shows transmission spectra of three HLPFGs. As shown in Figures 2(b), 2(c) and 2(d), the achieved HLPFG<sub>1</sub>, HLPFG<sub>2</sub>, and HLPFG<sub>3</sub> exhibited a reduced cladding diameter of 104  $\mu\text{m}$  and core diameter of 7.5, 4.2, and 3.6  $\mu\text{m}$ , respectively, which are attributed to the velocity

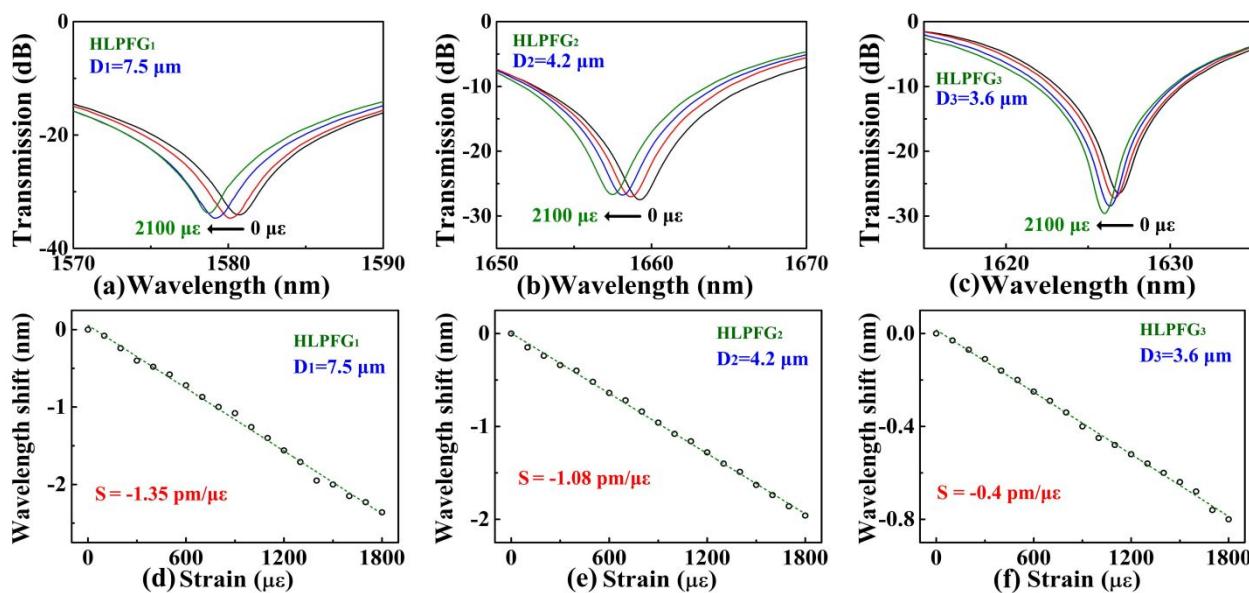
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5 difference between two translation stages, i.e., 1.60 and 1.33 mm/s. In addition, no physical  
6 deformation was observed on the surface of the achieved HLPFG, as previously reported (Fu et al.,  
7 2018b).  
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11 The transmission spectra of HLPFG<sub>1</sub> with a core diameter of 7.5  $\mu\text{m}$  was illustrated in Figure.  
12 2(a), while gradually decreasing its length from 25.0 to 22.0 mm with a step of 1 mm using a  
13 computer-controlled precision cleaving system. The resonant wavelength shifted toward a shorter  
14 wavelength, and the resonant dip of coupling attenuation increased gradually with the decrease of  
15 the HLPFG length. It is well known that the HLPFG has an optimum length, corresponding to the  
16 maximum coupling attenuation at the resonant wavelength (Fu et al., 2018a). As shown in Figure.  
17 2(b), the optimum length of the HLPFG<sub>1</sub> was 22.0 mm, where the coupling attenuation was -30.8  
18 dB at the resonant wavelength of 1585.7 nm. Compared with the HLPFG<sub>1</sub>, the HLPFG<sub>2</sub> with a  
19 core diameter of 4.2  $\mu\text{m}$  exhibited a longer optimum length of 29.0 mm when the resonant  
20 wavelength and coupling attenuation are 1664.3 nm and -29.2 dB, respectively, as illustrated in  
21 Figure. 2(c). The resonant wavelength of HLPFG<sub>2</sub> shifted toward a longer wavelength with the  
22 decrease of the length, which is opposite to that of HLPFG<sub>1</sub>. Compared with HLPFG<sub>1</sub> and  
23 HLPFG<sub>2</sub>, the optimum length of the HLPFG<sub>3</sub> with a core diameter of 3.6  $\mu\text{m}$  was increased to 40  
24 mm, but the resonant wavelength was remained at 1630.5 nm. Thus, the same fabrication  
25 parameters, i.e., the flow rate generated by the hydrogen generator and helical pitch, induced a  
26 stronger periodic RI modulation along the fibre axis in a larger-core fibre (7.5  $\mu\text{m}$ ) than that of  
27 smaller-core fibre (4.2, and 3.6  $\mu\text{m}$ ), indicating that the smaller core diameter of the HLPFG, the  
28 longer length to achieve the same coupling attenuation. In other words, a longer length is required  
29 to achieve the same coupling attenuation in a smaller-core SMF than that a larger-core fibre.  
30 Moreover, the 3dB-bandwidth of HLPFG<sub>1</sub> was 78.8 nm, as illustrated in Figure. 2(a), while that of  
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5 HLPFG<sub>2</sub> and HLPFG<sub>3</sub> was 23.9 and 18.3 nm, respectively. It is obvious that the 3dB-bandwidth  
6 could be narrowed by decreasing the core diameter of the fibre, which is in good agreement with  
7 previously reported results (Fu et al., 2015). Furthermore, an obvious interference could be  
8 observed on the transmission spectrum of HLPFG<sub>2</sub> and HLPFG<sub>3</sub> due to the mismatch of core  
9 diameter between the HLPFG sample and standard SMF, as illustrated in Figures. 2(c) and 2(d).  
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## 17 Strain response of the HLPFGs 18

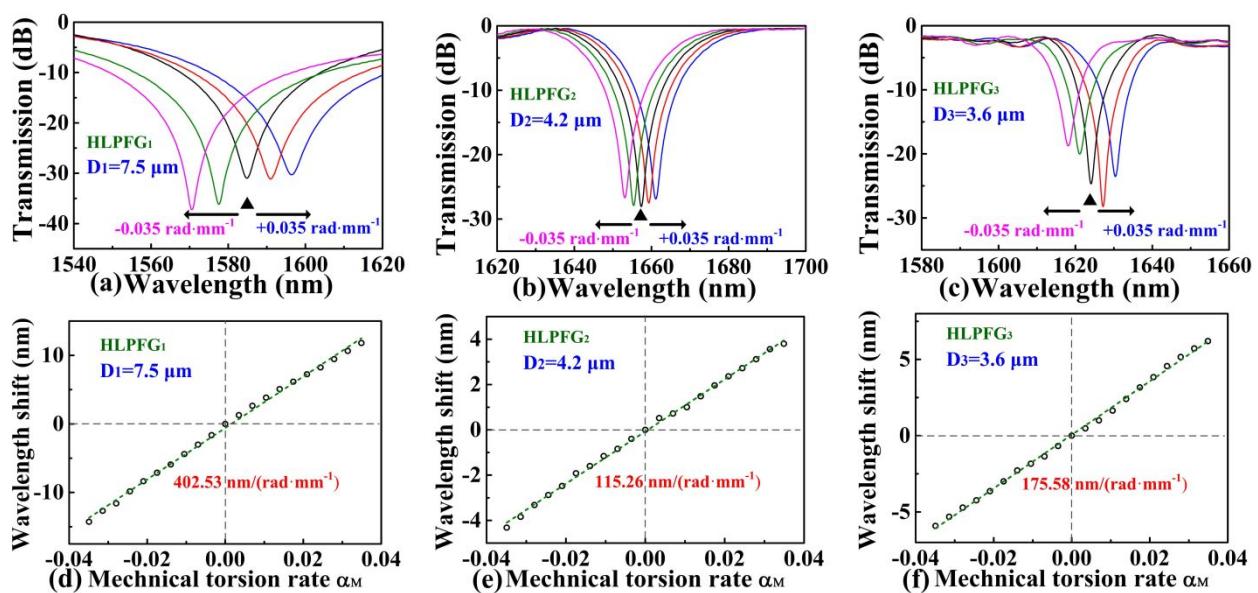
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21 Firstly, the strain responses of the achieved HLPFGs in SMF with different core diameters,  
22 i.e., HLPFG<sub>1</sub>, HLPFG<sub>2</sub>, and HLPFG<sub>3</sub>, were measured to investigate the effect of core diameter on  
23 the strain response. In the experiment, one end of the HLPFG sample was fixed, another end was  
24 attached to a translation stage which was used to apply the strain along the fibre axis. When the  
25 HLPFG is stretched along the fibre axis, its helical pitch will be enlarged, resulting in the resonant  
26 wavelength shift. Therefore, the resonant wavelength of the HLPFG<sub>1</sub>, HLPFG<sub>2</sub>, and HLPFG<sub>3</sub> were  
27 measured while the strain was increased from 0 to 1800  $\mu\epsilon$  with a step of 100  $\mu\epsilon$ . As shown in  
28 Figures. 3(a), 3(b), and 3(c), the resonant wavelength of the HLPFG<sub>1</sub>, HLPFG<sub>2</sub>, and HLPFG<sub>3</sub> with  
29 different core diameters all shifted toward a shorter wavelength with the increase of the strain. As  
30 shown in Figures. 3(d), 3(e) and 3(f), the HLPFG<sub>1</sub>, HLPFG<sub>2</sub>, and HLPFG<sub>3</sub> exhibited a strain  
31 sensitivity of 1.35, 1.08, and 0.4 pm/ $\mu\epsilon$ , respectively. Obviously, the strain sensitivity of the  
32 HLPFG with a larger core diameter, i.e., HLPFG<sub>1</sub>, is two times higher than that of a smaller core  
33 diameter, i.e., HLPFG<sub>3</sub>, indicating that the larger core diameter of the fibre, the higher the strain  
34 sensitivity. In other words, the strain sensitivity of the HLPFG is dependent on the size of the fibre  
35 core and could be enhanced by employing a larger-core diameter SMF.  
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**Figure 3.** Transmission spectrum evolution of the (a) HLPFG<sub>1</sub>, (b) HLPFG<sub>2</sub>, and (c) HLPFG<sub>3</sub> sample with a core diameter of 7.5, 4.2, and 3.6  $\mu\text{m}$ , respectively, while the strain increases from 0 to 1800  $\mu\epsilon$ ; Measured resonant wavelength shift of the (d) HLPFG<sub>1</sub>, (e) HLPFG<sub>2</sub>, and (f) HLPFG<sub>3</sub> samples as a function of the strain.

### Torsion response of the HLPFGs

To measure the mechanical torsion responses of the achieved HLPFGs in SMFs with different core diameter, two ends of the sample were fixed by a fibre rotator and fibre holder, where the distance between two fixed points, i.e.,  $L$ , is 150 mm. During the measurement, the fibre rotator was clockwise or counter-clockwise rotated from  $0^\circ$  to  $300^\circ$  with a step of  $30^\circ$ , i.e., the mechanical torsion rate of  $\alpha_M$  varies from  $+0.035$  to  $-0.035$  rad/mm. Note that  $\alpha_M > 0$  represented the clockwise torsion direction, while  $\alpha_M < 0$  was the counter-clockwise torsion direction.



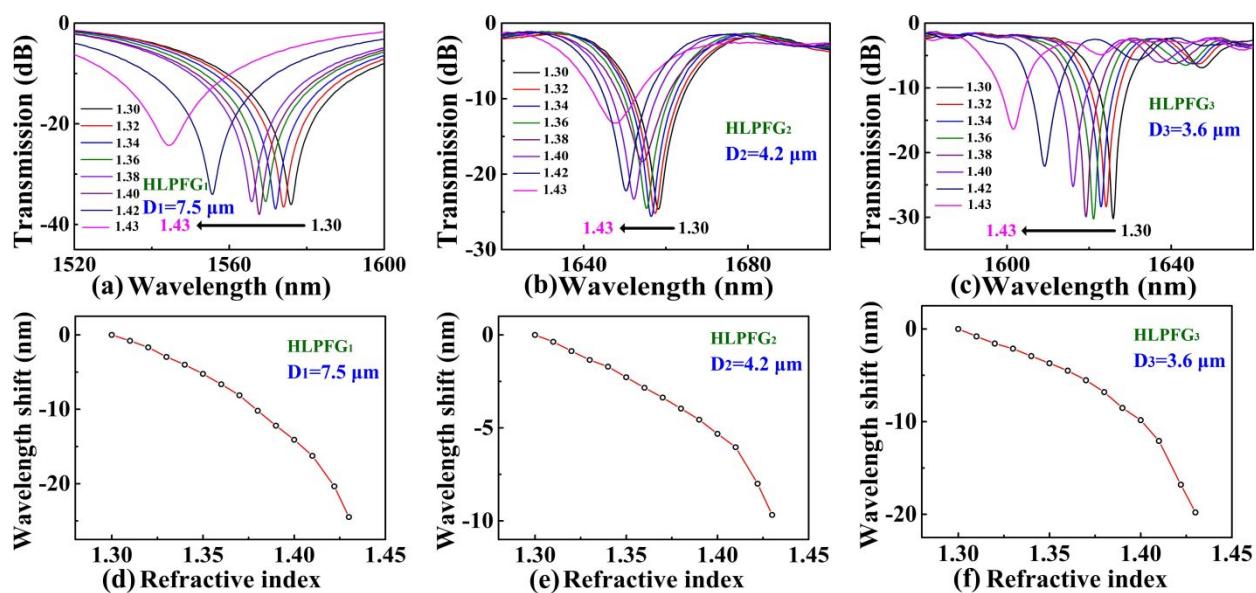
**Figure 4.** Transmission spectrum evolution of the (a) HLPFG<sub>1</sub>, (b) HLPFG<sub>2</sub>, and (c) HLPFG<sub>3</sub> sample with a core diameter of 7.5, 4.2, and 3.6  $\mu\text{m}$ , respectively, while the mechanical torsion rate,  $\alpha_M$ , changes from -0.035 to +0.035 rad/mm, and the original spectrum is shown in black; Measured resonant wavelength shift of the (d) HLPFG<sub>1</sub>, (e) HLPFG<sub>2</sub>, and (f) HLPFG<sub>3</sub> samples as a function of the mechanical torsion rate,  $\alpha_M$ .

As shown in Figures. 4(a), 4(b), and 4(c), the resonant wavelength all exhibited a blue shift under the counter-clockwise mechanical torsion, while the opposite process occurred under the clockwise mechanical torsion. The original spectrum, i.e.,  $\alpha_M = 0$ , was marked in black. And the total wavelength shift of HLPFG<sub>1</sub>, HLPFG<sub>2</sub>, and HLPFG<sub>3</sub> was 27.24, 8.12, and 12.12 nm, respectively. The measured resonant wavelength shift of the obtained HLPFGs, i.e., HLPFG<sub>1</sub>, HLPFG<sub>2</sub>, and HLPFG<sub>3</sub>, as a function of the mechanical torsion rate was illustrated in Figures. 4(d), 4(e), and 4(f), showing a good linear relationship with a mechanical torsion sensitivity of 402.53, 115.26, and 175.58 nm/(rad·mm<sup>-1</sup>), respectively. It is obvious that the mechanical torsion sensitivity of the HLPFG<sub>1</sub> with a larger core diameter of 7.5  $\mu\text{m}$  is two times higher than that of the

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5 HLPFG<sub>2</sub> with a smaller core diameter of 4.2  $\mu\text{m}$ , instead of HLPFG<sub>3</sub> with a core diameter of 3.6  
6  $\mu\text{m}$ . In other words, the mechanical torsion sensitivity of the HLPFG is dependent on the size of  
7 the core diameter, but not linearly dependent. As previously reported, the direction of the  
8 mechanical torsion could be identified by observing the red or blue shift of the resonant  
9 wavelength, indicating that the obtained HLPFG could be used for structural health and condition  
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## 19 Refractive index response of the HLPFGs 20 21

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23 Finally, the external RI responses of the HLPFG<sub>1</sub>, HLPFG<sub>2</sub>, and HLPFG<sub>3</sub>, were also  
24 investigated. The HLPFGs were measured at room temperature by immersing the samples into a  
25 series of RI liquids ranging from 1.30 to 1.43 with a step of 0.01 (Cargille Lab). Note that the  
26 tested HLPFG sample should be clearly cleaned by use of the alcohol to eliminate the residual  
27 liquids on the surface of fibre after each test. The transmission spectrum evolution of the HLPFG<sub>1</sub>,  
28 HLPFG<sub>2</sub>, and HLPFG<sub>3</sub> was illustrated in Figures. 5(a), 5(b) and 5(c), respectively, while the  
29 surrounding RI increasing from 1.30 to 1.43. As shown in Figures. 5(d), 5(e), and 5(f), the resonant  
30 wavelength of the HLPFG<sub>1</sub> shifted quickly toward a shorter wavelength with a total wavelength  
31 shift of 24.5 nm with the increase of the external RI. In contrast, the change of external RI resulted  
32 in approximately 9.6 and 19.9 nm resonant wavelength shift for HLPFG<sub>2</sub> and HLPFG<sub>3</sub>,  
33 respectively. Therefore, the HLPFG<sub>1</sub> with a larger core diameter of 7.5  $\mu\text{m}$  is the most sensitive,  
34 while the HLPFG<sub>2</sub> with a core diameter of 4.2  $\mu\text{m}$ , rather than HLPFG<sub>3</sub> with the smallest core  
35 diameter, i.e., 3.6  $\mu\text{m}$ , is the least.  
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**Figure 5.** Transmission spectrum evolution of the (a) HLPFG<sub>1</sub>, (b) HLPFG<sub>2</sub>, and (c) HLPFG<sub>3</sub> sample with a core diameter of 7.5, 4.2, and 3.6 μm, respectively, while the external refractive changes from 1.30 to 1.43; Measured resonant wavelength shift of the (d) HLPFG<sub>1</sub>, (e) HLPFG<sub>2</sub>, and (f) HLPFG<sub>3</sub> samples as a function of the external RI.

## Conclusions

The HLPFG<sub>1</sub>, HLPFG<sub>2</sub>, and HLPFG<sub>3</sub> samples with a core diameter of 7.5, 4.2, and 3.6 μm, respectively, are inscribed in three types of SMF with an original core diameter of 9.0, 5.1, and 4.4 μm, respectively, by use of the hydrogen-oxygen flame heating technique. The optimum length of the HLFPG is dependent on the core diameter, i.e., the smaller core diameter of the HLPFG, the longer length required to achieve the same coupling attenuation. The strain, mechanical torsion, and external RI properties of the obtained HLFPG<sub>1</sub>, HLPFG<sub>2</sub>, and HLPFG<sub>3</sub> were investigated. The experimental results show that the strain sensitivity, i.e., 1.35 pm/με, of HLFPG<sub>1</sub> is two times higher than that, i.e., 0.4 pm/με, of HLPFG<sub>3</sub>. In contrast, the mechanical torsion of the HLFPG<sub>1</sub> is the most sensitive, i.e., 402.53, while the HLFPG<sub>3</sub> is the least 115.26, rather than the HLPFG<sub>2</sub>, i.e.,

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5 175.58 nm/(rad·mm<sup>-1</sup>). This experimental result also applied to the external RI sensing. The  
6 proposed HLFPGs could have great potential as optical sensors for a range of industrial  
7 applications including monitoring conditions inside seawater sea-sand concrete and  
8 fibre-reinforced polymer composites to enhance their integrity and sustainability.  
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## Declaration of Conflicting Interests

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18 The author(s) declared no potential conflicts of interest with respect to the research,  
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20 authorship, and/or publication of this article.  
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