

March 10, 2003

Participant address

Dear Participant:

Enclosed is a summary of your twenty-four hour ambulatory blood pressure monitoring data. Your average blood pressure (BP) while awake was 126/76 mmHg. Your BP while sleeping showed the expected decline: the average BP while asleep was 118/70 mmHg. Overall, the study showed normal blood pressure.

Because your blood pressure may vary from day to day and with activity, the blood pressure data obtained while you were wearing the unit may not be exactly representative of your true blood pressure. Therefore, if your doctor has found you to have a blood pressure different than what we found, please do not disregard your doctor's measurements. Most importantly, regardless of any measurements from this study, if you have any health problems, be sure to discuss them with your doctor and have your blood pressure checked regularly.

If you have any questions about your values, please feel free to call Dr. Mae Hla, supervisor of the ambulatory blood pressure study, at (608) 263-1631.

Thank you very much for participating in the blood pressure study. We understand that it is quite an inconvenience to be wearing the unit for an entire day, and we really appreciate you putting the effort into this study. Your participation is a very important contribution to the Sleep Cohort Study. If you have any comments about the study, please call or send us a letter.

Thanks again,

Dr. Mae Hla