

Dear

Thank you for participating in our sleep survey of Wisconsin state employees. The information from this survey has furthered our understanding of common sleep problems. We would now like to invite you to continue into the next phase of the study by becoming a part of our "Sleep Cohort". The Sleep Cohort is a group of over 1400 people carefully chosen to represent all state employees, who will participate in our sleep study at our research center in University Hospital. If you are no longer a state employee we would still like you to participate in our Sleep Cohort Study.

In order to measure both your breathing during a nights sleep, and your daytime sleepiness, we ask that you arrive at 6:30 in the evening and stay in our Sleep Lab until the following afternoon. During the overnight study we will monitor sleep stages and breathing during sleep, and do some other routine tests. The daytime study basically consists of 4 or 5 separate studies, or "naps", spaced about 2 hours apart throughout the day. In addition to helping us with this much needed research, the Sleep Cohort Study will be a unique opportunity for you to learn about your own sleep and breathing patterns. We will give you \$250; and provide parking, an evening snack, breakfast, and lunch. There will be no cost to you at all. We will also send you a report of your sleep study results. During your visit you are free to decline any part of the study in which you do not wish to participate. All aspects of the study are kept strictly confidential.

The Sleep Cohort Study is a landmark study, and our research is eagerly awaited by scientists throughout the world. In addition to local and national television coverage, preliminary study results have been reported around the world from Australia to France. We all spend one-third of our lives sleeping, yet very little is known about the effect of poor sleep on health. This study will allow us to see how many people have breathing problems such as "sleep apnea" in which breathing stops momentarily during sleep. Most importantly, we will be able to determine if sleep and breathing problems have an adverse effect on health.

Please read the enclosed brochure, which provides a fuller explanation of our Sleep Cohort Study. Your participation is extremely important to us; no one else can fill your place! If you have already decided to continue as a member of our Sleep Cohort, please call (608) 263-5786 to set up a date for your sleep study. If you are undecided and would like more information, please call with your questions. If you would prefer to have us call you, please fill out the enclosed card and return it to our office. We hope to hear from you as soon as possible, even if you are unable to schedule a visit right now. Again, thanks for your help and we very much hope you will join our Sleep Cohort Study.

Sincerely,

Linda Evans
Research Program Manager
Sleep Cohort Study