

Dear _____,

Your participation in the Sleep Cohort Study is greatly appreciated. In addition to yourself, over 1400 Wisconsin state employees have taken part in the Sleep Cohort Study. The information from your first overnight sleep study has helped demonstrate that undiagnosed sleep disordered breathing is prevalent for both men and women throughout the range of middle-age. As a member of our "Sleep Cohort" we would like to invite you to return for a second overnight sleep study.

The second overnight study will be very similar to your first visit. We will monitor sleep stages and breathing during sleep and do some other routine tests. In addition to the overnight study, we would like all Sleep Cohort members to take part in our daytime "nap" study to measure daytime sleepiness. We will give you a total of \$150 for the overnight visit and \$100 for the daytime study. You are free to decline any portion of either study in which you do not wish to participate.

With your help, the investigators hope to further identify the risk factors for sleep disordered breathing, describe its physical progression, and determine what, if any, contribution sleep disordered breathing may have on other adverse health outcomes such as hypertension. These findings will in turn assist the medical profession in the diagnosis and treatment of sleep disordered breathing.

Your continued participation in the Sleep Cohort Study is extremely important to us. It is also a unique opportunity for you to learn more about your own sleep and breathing patterns, and see what, if any, changes have occurred since your first study. Parking and breakfast are provided and you will receive one of our "official" Sleep Cohort Study gifts. We will send you a report summarizing your sleep study results. All aspects of the study are kept strictly confidential.

If you have already decided to continue as a member of our Sleep Cohort, please call (608) 263-5786 to schedule a visit. If you are undecided and would like more information about the study, I encourage you to call with your questions. If you prefer that we call you, please fill out the enclosed card and return it to our office. To facilitate scheduling, we would appreciate hearing from you as soon as possible.

Again, thanks for your help and we very much hope that you will continue your participation in our Sleep Cohort Study.

Sincerely,

Linda Evans
Research Program Manager
Sleep Cohort Study