

Dear ,

We very much appreciate the time and effort you have already contributed as a member of our Sleep Cohort Study. We realize you chose not to return for another overnight visit, but hope you will continue your participation in other ways. The tracking of changes over time is extremely important to our research, and you can contribute invaluable information by updating our records concerning your health.

As a member of the Sleep Cohort Study, you have already contributed greatly to our understanding of sleep-disordered breathing and its consequences. By completing the enclosed Health Questionnaire and returning it to us in the enclosed self-addressed stamped envelope, you would be providing us with some very valuable follow-up information. The data collected during subsequent phases of the Sleep Cohort Study, including the Health Questionnaire, will help us study the causes and effects of sleep disorders. Your information is very important whether or not you have any sleep problems. In appreciation of your time, we will send you \$20.00 when your completed Health Questionnaire is received.

If you have changed your mind about returning for an overnight sleep study, please give us a call. We will schedule your return when it is most convenient for you. If you are too busy, we can always schedule your visit at a later date. We ask our volunteers to complete both an overnight sleep study and a daytime nap study. However, you may choose to complete only the overnight visit. You will be compensated \$150 for an overnight study, and an additional \$100 if you are able to complete a daytime study. All aspects of the study are strictly confidential.

Please feel free to call 263-5786 if you have any questions about the Health Questionnaire or continuing with the Sleep Cohort Study.

Thank you for the time you have taken to read and respond to our letter. We hope you will choose to continue your participation in the Sleep Cohort Study either by completing our Health Questionnaire or returning for another overnight study.

Sincerely,

Linda Evans
Research Program Manager
Sleep Cohort Study