

Dear _____,

Enclosed is a summary of your second sleep study at our Sleep Laboratory. The format of the summary has changed and we find the new summary, and the accompanying charts informative. The changes are due to the installation of new recording equipment in our sleep lab, and as a result of that new equipment, our sleep studies are reviewed in a different manner.

We no longer print the sleep record out on hundreds of feet of paper. We are now able to review each study utilizing a special computer program. It is possible that the computer may be more sensitive to minor changes in breathing and sleep stages than "reading" of the paper record. So, we will be completing a thorough review of all our sleep records. If there are any significant changes in the results you were given in the past, we will provide you with an updated summary. If you have any questions concerning your current study, please feel free to call Dr. James Skatrud at 263-0118.

In looking over your personal sleep summary, please keep in mind that it is common for adults to have a few breathing pauses during sleep. In fact, an important goal of this research is to find out what the normal range of breathing patterns is, and how the pattern changes as a person gets older. However, regardless of our findings on the number of breathing pauses in your sleep, if you do experience serious daytime sleepiness (i.e. struggling to stay awake during active tasks such as driving, cooking, operating equipment) or have unsatisfactory sleep, you should see your doctor.

The results of your routine blood tests are enclosed. This information is provided to assist you and your doctor in subsequent care. Results that are outside of the normal range are marked with an asterisk. The importance of results outside the normal range can only be determined by your doctor. Please contact your doctor to discuss any results that are marked with an asterisk.

Thank you for continuing your participation in our Sleep Cohort Study. We realize how inconvenient it is to spend a night away from home and sincerely appreciate your time and involvement in this research. We hope to stay in contact with you and will keep you informed of future testing by periodically sending you our Sleep Cohort Study Newsletter. If you have any questions or comments, please feel free to call, 263-5786, or write to us at anytime. Also, please let us know if you change your address.

Sincerely,

Terry Young
Principal Investigator
Sleep Cohort Study