

Dear _____,

Enclosed is a summary of your sleep study at our Sleep Laboratory. We hope you find the summary and the accompanying cards informative. If you have any questions, 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