

Thank you for agreeing to complete both our overnight and daytime studies. We realize it is difficult to spend this time away from home and your participation in our study is greatly appreciated. We hope the following information will answer any questions you may have.

Please arrive for your Sleep Cohort Study at 6:30 on \_\_\_\_\_.

**ENCLOSURES:**

♦Please fill out the enclosed Sleep Log for 6 days right before your study, and bring it with you.

**WHERE DO I GO?**

♦Please come to University Hospital and park in the patient/visitor ramp at the front of the building. Remember to bring your parking ticket in with you. Enter the hospital at the Main Entrance and go straight ahead to the Information desk.

♦At the Information desk tell them you are a Sleep Cohort Study volunteer. They will validate your parking, and contact the Sleep Research Lab (263-0118). Please proceed to Admissions, behind the Information desk, to check in. One of sleep specialists will meet you at Admissions and accompany you to the Sleep Research Lab located in the General Clinical Research Center.

**WHAT SHOULD I BRING?**

♦You will need to wear nightclothes during the overnight study. Please bring older, comfortable ones to wear. You can bring anything you will need or want during your stay such as a robe, shaving & toilet articles, even your own pillow, if it will make you feel more comfortable.

♦To help filling out our questionnaires, please bring reading glasses if you need them, as well as a record of any medications you take. You will also want to bring any drugs you need to take.

♦The laboratory will supply bed linens, towels, soap, shampoo, an evening snack, as well as breakfast and lunch the next day. Your private bedroom has a TV/radio and telephone.

**WHAT CAN I EXPECT?**

♦Please follow your usual routine on the day of your appointment. We will make every effort to have you in bed at your usual bedtime. However, data collection and preparation for the sleep study, including the attachment of monitoring devices, will keep you very busy throughout the evening. In part, our data collection includes an electrocardiogram, several questionnaires you will be asked to fill out, and a request for a blood sample in the morning. Please remember, you are free to decline any part of the study.

♦During the following day you will be asked to complete four trials, which are spaced about 2 hours apart throughout the day. During each trial you will be asked to lie down and relax in your room. Since you will have some free time between each of the trials, we encourage you to bring something to do or read during the day.

If for any reason, you need to change or cancel your appointment, please let us as soon as possible. You can call (608) 263-5786 should you need to reschedule, or if you have any questions about the study. Thanks again for participating in this important research.

Sincerely,

Linda Evans  
Research Program Manager  
Sleep Cohort Study