



Sleep Cohort Study
University of Wisconsin-Madison
502 N. Walnut St. Madison, Wisconsin 53726-2335

Thank you for agreeing to complete an overnight study for the Sleep Cohort Study. We realize it is difficult to spend a night away from home and your participation in our study is greatly appreciated. We hope the following information will answer any questions you may have.

Your Sleep Cohort Study is scheduled for 6:30 PM on: _____

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).
- You will need to proceed to Admissions, behind the Information desk, to check in. One of our 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. Please bring older, comfortable ones to wear. You can bring anything you will need or want during your stay such as a robe, shaving and toilet articles, even your own pillow, if it will make you more comfortable.
- To help in filling out our questionnaires, please bring reading glasses if you need them, as well as a record of any medications you take.
- The laboratory will supply bed linens, towels, soap, shampoo, an evening snack, and breakfast in the morning. 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.

If, for any reason, you need to change or cancel your appointment, please let us know at least 24 hours in advance, if 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. Without your time and assistance we would be unable to reach our goal of better understanding the natural history of sleep problems and their consequences.

Sincerely,

Linda Evans
Research Program Manager
Sleep Cohort Study