



Sleep Cohort Study
University of Wisconsin-Madison
502 N. Walnut St. Madison, Wisconsin 53705

Thanks for agreeing to return for a daytime study. Your study is scheduled for:

Please arrive between 7:45 and 8:00 AM. Enter the main entrance of the hospital and head towards the D module. Follow the signs to the GCRC or General Clinical Research Center. You can take the B or D elevators to the 6th floor and check in at the nurses station or at room D/6 670.

In order to get some background information, we would like you to fill out the enclosed Sleep Log for the week right before your daytime study. Please bring it with you to the Sleep Lab.

The purpose of this study is to measure your usual degree of daytime sleepiness. Please try to get as much sleep as you normally do before you come in for the study. During each of four 20 minute trials, which are spaced 2 hours apart, you will be asked to lie down and relax. You will be wearing some of the same monitors that were used during your overnight study. If you fall asleep during any of the trials, the technician will wake you. You will have some free time during the day. We encourage you to bring something to do or read during your free time. The study will end between 3:30 and 4:00.

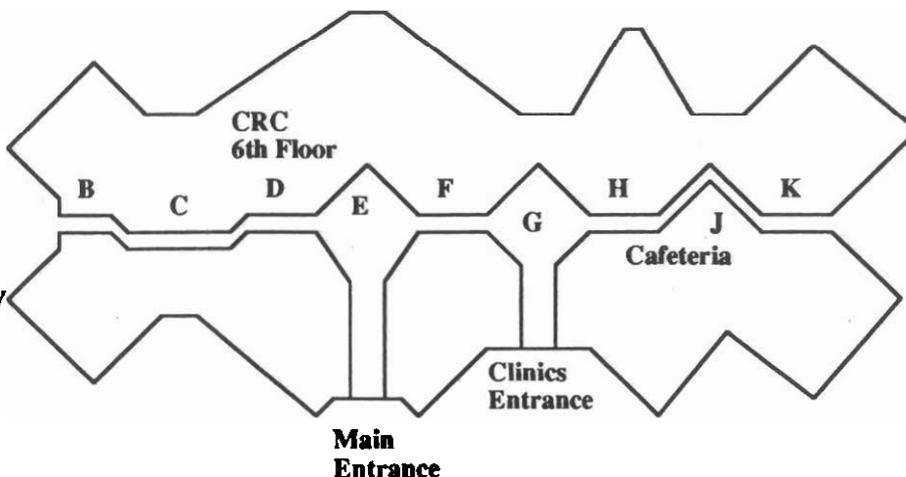
We provide lunch, snacks & beverages. You will receive \$100 for your participation in the daytime study. You can have your parking ticket validated at the Information Desk.

If you need to change or cancel your appointment, please let us know as soon as possible. Call (608) 263-5786 if you need to reschedule or if you have any questions.

Once again, thanks for agreeing to do a daytime study. This measure of daytime sleepiness, along with overnight sleep study data, will help us understand sleep problems and their association with other disorders.

Sincerely,

Linda Evans
Research Program
Manager
Sleep Cohort Study



UW Hospital and Clinics Map

The SCOR Sleep Lab is in the CRC, or Clinical Research Center, on the 6th floor. The entrance, parking lot and lobby areas are on the same level, it is called the 2nd floor, the cafeteria is on the 1st floor.