

Overview Study Procedures				
		Description/ Purpose	Time of Completion	Duration
1	Alliance Sleep Questionnaire (ASQ) (Part of standard of care)	Online, comprehensive questionnaire that uses complex branching logic to identify sleep disorders	Ideally prior to consultation appointment from home Can also be completed prior to or during overnight sleep study visit	30 - 45 minutes
2	Computerized Neurocognitive Battery (CNB) (Part of research study)	Computerized neuropsychological test designed by the University of Pennsylvania to evaluate performance in various neurocognitive domains The CNB is like a computer game that measure how your brain works by looking at your memory and your attention.	Ideally as first procedure prior to the overnight sleep study or the morning following the overnight sleep study (not within 1 hour of awakening) Can also be completed from home either before or after the overnight sleep study.	30 minutes
3	3D photography (Part of research study)	Craniofacial 3D photography will be created via an I-Pad to evaluate how craniofacial features impact risk of sleep apnea	Ideally during overnight sleep study	5 to 10 minutes
4	Actigraphy (Part of research study)	Non-invasive method of monitoring human rest/activity cycles via an Actigraphy device (watch with built-in accelerometer)	Starts during the overnight sleep study Ends after 2 weeks or when the participant wants to stop sharing data.	Set-up: 10 to 15 minutes Data-collection: At least 2 weeks
5	Sleep Diary (Part of research study)	Daily, online questions about sleep schedule and exercise to support actigraphy data. Prompt through actigraph app	Starts the morning after the sleep study Ends after 2 weeks (14 days)	5 - 10 min per day
6	Genetic analysis / blood draw (Part of research study)	Method for scientists to identify genes involved in human disease In order to identify gene(s) or other biomarker(s) associated with the development of sleep disorders, a blood sample is needed	During the overnight sleep study or the morning following the overnight sleep study	10 to 15 min
7	Overnight sleep study - PSG (Part of standard of care)	Objective measure of sleep collected as part of standard of care Includes measurement of: Brain activity Cardiac activity Breathing Ocular activity Muscle activity Oxygen levels Also includes associated Pre- and Post Questionnaires		6-8h of data collected overnight Entire visit usually ~ 12 hours
8	Electronic Medical Record (EMR) data	Relevant data from the patient chart will be manually extracted by qualified study physician/staff	~ 4-6 months after overnight sleep study visit	15 minutes (Staff)