**Procedures for Sleeping Study**

Thank you so much for participating in our study! You should have been given these items:

* Two white cotton t-shirts
* Unscented soap
* Unscented shampoo
* Unscented detergent

We are conducting a scientific experiment on smell. Your part is to wear a sleep watch and sleep with a shirt on your pillow every night. For our results to be accurate there are a number of precautions we need you to take. It is ***vital*** for our experiment that you follow these rules:

Between now and Friday morning, DO NOT:

* Drink alcohol
* Drink caffeine (coffee, coke) after 2pm
* Smoke
* Use drugs

Schedule for the week. Before going to sleep each night complete the night-time checklist. Wear your sleep watch while sleeping and store it in a safe place at all other times. Each night please wash with the unscented products we provided and sleep alone.

Today

* before going to bed wash your bed linens
* 2 hours before going to bed place shirt #A on your pillow



Tuesday:

* fill out a sleep quality questionnaire about the previous night
* reseal shirt#A in the ziplock bag and place it in the freezer.
* 2 hours before going to bed put shirt #A back on your pillow

Wednesday:

* fill out a sleep quality questionnaire about the previous night
* reseal shirt #A in the ziplock bag and place it in the freezer.
* rewash all your bed linens with the provided unscented detergent
* 2 hours before going to bed put shirt #B on your pillow

Thursday:

* fill out a sleep quality questionnaire about the previous night
* reseal shirt#B in the ziplock bag and place it in the freezer.
* 2 hours before going to bed put shirt #B back on your pillow

Friday:

* fill out a sleep quality questionnaire about the previous night
* reseal shirt#B in the ziplock bag and place it in the freezer.
* Come see us for appointment number two. Bring both shirts, the sleep watch, and your completed 4 sleep questionnaires!

Please come to the lab for appointment 2 on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you have questions, just email us at [chenlabstudy@gmail.com](mailto:chenlabstudy@gmail.com)

Goodbye for now!

