Subject: Social Health Lab Second visit

Hi GIRL NAME,

Your second appointment is on Tuesday, September 23rd at 9:30am in the psychology building (Kenny) which is located on UBC campus 2136 West Mall. The social health lab is in Kenny room 3318. Your appointment will take 10-20 minutes. Please email us 24 hours before your appointment if you need to reschedule. If you need to contact us for any other reason please call May at (xxx) xxx xxxx.

Thanks!

Social Health Lab

**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. Please wear your sleep watch at all times (except when you are showering)

Today

* before going to bed wash your bed linens
* 2 hours before going to bed place shirt #1 on your pillow.

Tuesday:

* fill out a sleep quality questionnaire about the previous night
* reseal shirt#1 in the ziplock bag and place it in the freezer.
* 2 hours before going to bed put shirt #1 back on your pillow

Wednesday:

* fill out a sleep quality questionnaire about the previous night
* reseal shirt #1 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 #2 on your pillow

Thursday:

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

Friday:

* fill out a sleep quality questionnaire about the previous night
* reseal shirt#2 in the ziplock bag and place it in the freezer.
* Come see us for appointment number two. Bring both shirts and your completed 4 sleep questionnaires!