**Session One Protocol for Women**

**Session 1: Women- Monday Appointment**

**Before booking their appointments make sure the participant can do the experiment from Monday to Friday.**

Materials:

* Consent form
* Sign in Sheet
* Stapler
* Surveys (Pittsburg sleep quality, relationship satisfaction & attachment style)
* Participant instruction sheet filled out with participant name + ID
* Take home procedure and Take home sleep survey (four copies in total)

Session Overview:

* Explanation + signing of consent form: 2-4 minutes

Consent & Setup:

Before participant arrives, write couple ID (F\_) on surveys and on the instruction form they will be taking home. On arrival the research participant is welcomed outside the experimental rooms by the experimenter. Thank you for coming today (*their name*), please take a seat and make yourself comfortable. My name is (*your name*) and I am a Research Assistant at the Social Health Lab. I’ll be telling you what we will be doing today and taking you through the study. In order to keep everything consistent for all of our study participants, I’ll be reading most of the instructions off of this script.

First please put your name and date on this sign-in sheet here.

*Give them sign-in sheet*

Thank you! Now here is the consent form that we would like you to sign. Great! Now I’ll give you the consent form. Please look it over and let me know if you have any questions. Please sign one copy for us. We have extras if you want to take one home with you.

*Receive signed consent form and answer any questions.*

*Write participant ID con consent Form, eg. “Sleep-F2”.*

*Give them the three surveys (Sleep survey(#0), Relationship satisfaction(#1), attachment style) to fill out.*

Please come knock on the door when you are done filling out the surveys.

We would like to thank you again for participating in our study. Your time and involvement is valuable to us. Our study is looking at the role of smell in romantic relationships. Between today and Friday, when we see you again, you cannot drink alcohol, smoke, use drugs, or sleep with anyone else in your bed - including pets! Is that okay?

We are going to give you two shirts to take home. Between today and Friday, these shirts must always be kept in the freezer. Your role in this experiment is to sleep for four nights with a pillow that is covered with one of these two shirts. Procedures are as follows- Wear your sleep watch at night and store it in a safe place at other times

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 and your completed 4 sleep questionnaires!

Do you have any questions?

**Make sure they understand!!!!!!!!!Speak slowly and repeat!**

Give them the **two shirts\*** and the **4 questionnaires (the take home sleep survey)** and the take home procedures and the unscented shampoo, soap and detergent. Schedule Friday appointment. Offer them candy.

*How to label the shirt is on next page.*

*Send them on their way AND a follow-up email!*

**How to label the shirts!**

1. **From the draw, get a clean shirt, wrinkle it make it look like worn before.**
2. **From the freezer, get the shirt with the right Participant ID labeled on the bag.**
3. **You can find shirt label document at bottom of this clipboard.**
4. **Put participant ID # in the first available column on the shirt label document.**
5. **Label shirt with participant ID # sleep A or B**

**For example, For female participant with ID—F11. The two shirt she received will be labeled as “11 sleep A” and “11 sleep B”.**