**Participant ID\_\_\_\_\_\_**

**Date and Time\_\_\_\_\_\_**

**Post-Study Survey (F2)**

We would like to thank you for your time and valuable contribution to our study. We are aware that it may have been impossible or difficult for you to follow all of the guidelines that we gave you! In order for us to accurately analyze our data, *it is very important to us that you answer the following questions honestly*. Your responses will NOT affect your HSP credit in any way. Thank you!

**Please circle your response to the left. Then, provide additional information as needed.**

**1. Yes or No** Did you reseal the shirt in ziplock bag and place them in the freezer the next morning?

**If no,** please indicate what happened and which day (Example: I left the shirt on the pillow until 4pm on Tuesday.”

**2. Yes No** Were you sick (or did you feel like you might be getting sick) during any of the past four days (from Monday to Thursday)?

**If yes,** please describe your symptoms and when you first noticed them:

(Example: “I came down with a cold last Wednesday and still had a sore throat and runny nose on Monday)

**3. Yes No** Are you sick (or do you feel like you might be getting sick) right now?

**If yes,** please describe your symptoms and when you first noticed them:

(Example: “I started getting a sore throat this morning.”)

**4. Yes No** Did you have anything stressful happen during the past four days that may influence your sleep quality?

**If yes,** please describe the stressful event in as much detail as you are comfortable sharing:

(Example: “I stayed up all night to study for an exam that I was extremely stressed out about.”)

**You’re finished! Thanks so much for your honesty and effort! Please let the researcher know that you are done.**