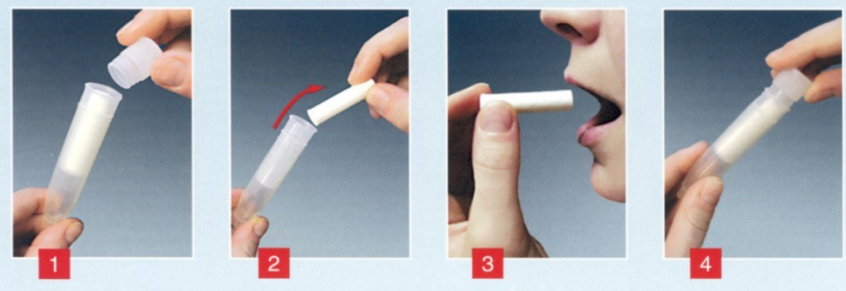### First Month Saliva Collection

This packet contains everything that you will need to provide us with a saliva sample.

Please collect your second saliva sample as soon as you wake up on the day <u>after</u> the first time that you press the "m" button on your monitor. You may find it helpful to place the collection container next to your bed so that you will be reminded to obtain the sample as soon as you awaken. The sample should be collected before eating, drinking (besides water), smoking, or brushing your teeth. These substances could contaminate the sample.

To collect the sample:

1) Remove the cotton roll from the enclosed collection tube.
2) Place the cotton roll in your mouth and lightly chew on it until the cotton is wet (about 2 or 3 minutes).
3) Place the wet roll back in the collection tube and replace the cap.
4) Insert the sealed collection tube into the crush-proof mailing container.
5) Complete the attached form.
6) Place the saliva sample in your home freezer until it is frozen solid.
7) Once the sample is frozen, pPlace *the collection container~~container~~ and the form* in the postage paid envelope and mail.

~~immediately.~~

Thank you for your time and cooperation!

--Please Return with Sample--

SPID number: _____   Date: _____

Time of awakening: _____   AM/PM (circle one)

Time of sample collection: _____   AM/PM (circle one)

Comments: