

Before You Collect the Samples

- Don't eat, drink, or chew anything for at least 60 minutes before collecting samples
- Avoid vigorous physical activity for at least 60 minutes before each collection
- Avoid alcohol within 12 hours of saliva sample collection
- Abstain from major dental work within 48 hours of sample collection
- Do not brush your teeth within 45 minutes of sample collection
- Remove any lip makeup (i.e. Chap Stick, lipstick, or lip liner) before collecting sample

Collection Instructions

Collect 5 tubes of saliva on two different days within a one week period. Collect the samples at the following times -

1. Right when you wake up in the morning while still in bed
2. 45 minutes after you wake up in the morning
3. About 4 hours after you wake up
4. About 10 hours after you wake up
5. At night when you are going to bed BEFORE you brush your teeth

Instructions for Taking Cortisol Saliva Samples

Step 1: Rinse mouth with cold water 10 minutes before collecting samples 2 through 5; sample 1 will be collected while you are still in bed.

Step 2: Remove swab from outer packaging and place **under the front of your tongue**.

Step 3: Keep the swab in your mouth for **1-2 minutes** to insure saturation. Make sure to keep the swab in the same location under the front of your tongue.

Step 4: Place the swab into the swab storage tube insert, **replace the cap and snap securely into the tube**.

NOTE: If you collect a sample and realize that you have taken the sample incorrectly, for example, you are able to see pieces of food, coloring or other material attached to the swab, or you have taken a sample at the wrong time of day, or brushed your teeth just before taking the sample, simply throw the sample away and collect a new sample; complete your log as directed.

Step 5: Complete box in saliva log corresponding to sample number. Fill in the shaded box on the "**Saliva Sample Log**" including the time the sample was taken being sure to indicate 'am' or 'pm' and answering the questions. It is very important to complete the questions on sleep and the time you woke up for sample #1. Be sure to log any alcohol, caffeine, nicotine, and over the counter medication and activity level.

Step 6: Refrigerate! Place the sample into the plastic storage bag marked with a folded paper towel and place into a refrigerator as soon as you can.

Step 7: Mail samples. When you are ready to mail back the packet, remove the cortisol samples from the refrigerator and place all them in the envelope marked, "Cortisol Saliva". Be sure the Ziploc bag also has the folded paper towel in it and seal the Ziploc bag. **Finally, make sure to seal the envelope!** See instructions for returning your samples through the mail (blue form).