



# National Sleep Study

Sponsored by the Federal Aviation Administration

<<city>> Resident  
<<address line 1>>  
<<city, state, zip>>

Dear <<city>> Resident

Recently, you received a survey in the mail for an important study on the effect of noise in your community on sleep which is sponsored by the United States Federal Aviation Administration. Unfortunately, we have not yet received a reply from your household. If you have already sent in the survey, thank-you very much. If you haven't had time to respond, we encourage you to do so. The information you provide will help to update transportation-related policies that affect people in neighborhoods like yours.

For your convenience we've enclosed a replacement to the original survey that was sent to your household. Your participation is voluntary. However, your participation is essential to inform us about your neighborhood. Your answers will be treated as confidential.

Please also let us also know whether you are interested in participating in the optional 5 night in home study which includes measurements of heart rate and body movement and the indoor noise levels in the bedroom at night. Participants of this additional study will receive \$30.00 per night, for a total of \$150.00. For information on how to participate in this optional study please refer to the last page of the attached survey booklet.

If you have any questions about this study:

**Call:** 215-573-3815

**Email:** [noise@mail.med.upenn.edu](mailto:noise@mail.med.upenn.edu)

**Visit:** [https://www.med.upenn.edu/uep/projects\\_pcns.html](https://www.med.upenn.edu/uep/projects_pcns.html)

Thank you in advance for your participation!

Sincerely,

**Basner**

Mathias Basner, MD, PhD  
Associate Professor, University of Pennsylvania



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Below you will find photographs of the equipment we will mail you, should you choose to participate in the field study. See the last page of the enclosed survey booklet for more information.

## Indoor Noise Measurements

Indoor sound recordings will be made during the sleep period. The microphone and sound recorder should be placed near the sleeping position on a dresser or nightstand. Participants will need to start and stop the sound recorder each night/morning.



## Heart Rate and Body Movement Measurements

During the night both heart rate and movement will be measured. The device used is battery operated. For measuring heart rate there are two electrodes. One electrode will go just below the right clavicle; the other electrode will go on the left side of the chest below the pectoral muscle/breast. There is a button on the device for starting and stopping the measurements each night/morning.

