

Telephone script: Scheduling participants after receiving signed consent form

- **Bolded** = script to be read
- *Italicized* = notes

Hello, this is __<<Provide name>>_____calling from the University of Pennsylvania. We have received your signed consent form for our sleep study, and are calling to schedule you for the study. Do you have a few minutes to speak with us? What week would you like to take part in the study?

One week before your scheduled start date, we will mail the equipment to you. We can mail the equipment directly to your home address, or to an alternative location that is more convenient and secure for you, such as to your place of work. Can you please confirm where you would like us to mail the equipment?

Please do not start measurements until your scheduled start date. Measurements need to take place on five consecutive nights, Monday through Friday.

The package that we will send will include sound recording equipment for measuring sounds in your bedroom at night and one device for measuring heart rate and movement at night. An instruction manual and a link to a website which has videos on how to use the equipment will be provided.

If any equipment is missing or damaged please give us a call right away. Also, if at any point during the study you have questions or concerns please give us a call. Your participation is voluntary and at any time you can choose to withdraw from the study.

At the end of the study, you will need to place all items back into the box and return the equipment. Only after the equipment has been returned, along with completed questionnaires, and payment forms, can we process your payment for taking part in the study. We appreciate your participation.