

Screening Steps:

1. Phone call with our research staff to learn about the study and answer some additional questions to see if you can join
2. Complete a daily survey about your sleep (called a sleep diary) for 10 days



What is a sleep diary?

A sleep diary has questions about your sleep the previous night. The diary will be sent to you via email or text each morning. The questions will take about 5 minutes to complete.

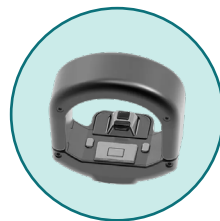
3. Have your A1c level (a measure of your blood sugar over the last 3 months) measured at the Kaiser Center for Health Research (at no cost to you)



What is an A1c level?

A hemoglobin A1c measures the sugar levels in the blood over the last 3 months. Your lab test will be done at the Center for Health Research at the Kaiser Permanente Interstate Campus and there will be no extra charge for the test.

4. Have a home sleep apnea test (at no cost to you)



What is sleep apnea and how will we test for it?

In people with sleep apnea, breathing repeatedly stops and starts during sleep. You cannot be in this study if you have moderate to severe sleep apnea because the sleep treatment may not lower your sugar levels. Before bedtime, you will place a small device on your finger. You will then link the device to the app on your phone. After you finish sleeping, the application will upload the data for our team to review.

5. Visit the research center for a Baseline Visit



What happens at the Baseline Visit?

See study procedures in the Study Information Sheets.