



**Screening Step:** 

- 1) 10 days of sleep diaries (done online at home, a few minutes daily to complete)
- 2) A1c blood draw (conducted at the Kaiser Interstate location\*)
- 3) Sleep apnea test (1 day of testing, done at home)

Up to \$35 if all screening steps are completed

Onsite\* Visit 1

- a. 3-hour visit
  - I. Fasting w/sugar drink
  - II. Blood draws (3)
  - **III. Surveys**
  - IV. Take home work (in the 10 days after the visit, wear the CGM and activity monitor, complete one online survey about your diet, complete 10 days of sleep diaries)

**Call with study** staff to go over the consent form. This call usually takes around an hour



Two weeks after Onsite visit 1, you will be randomly assigned to either the Sleep Treatment group or Patient Education group



Up to \$95 if all steps in Visit 1 are completed

Onsite\* Visit 2 Same steps as Onsite Visit 1 and will take place 2-3 months after the first onsite visit





**Onsite\* Visit 3** Same steps as **Onsite Visit 1 and** will take place 2-3 months after the second onsite visit

Up to \$95 if all steps in Visit 2 are completed)

Up to \$95 if all steps in Visit 3 are completed

\$95

\*Kaiser Permanente Center for Health Research 3800 N Interstate Avenue Portland, Oregon 97227 503-335-2400 | www.kpchr.org

If all steps are completed and all visits conducted, you are eligible to receive a completion bonus of \$80!