

General Instructions

NOTE: Video instructions are available at our study website psych.rochester.edu/seed

1. Complete your samples on **two consecutive weekdays**. Ideally, do your samples between Tuesday and Thursday (so either Tues + Wed **or** Wed + Thurs). However, it's OK to do them on Monday or Friday if that works better for you. Avoid weekends if possible.
2. Please try to collect your sample at the next possible opportunity (e.g., starting the next Tues/ Wed after you visit our lab).
3. **Take the first sample of each day BEFORE you get out of bed right when you open your eyes.** To collect saliva for cortisol, take one of the swabs out of the blue bottle and put it into your mouth. When you take the swab out of the bottle, it's important that you close the bottle as soon as you take the swab because some of the caps have a chip in them that records the time that the bottle's been opened and closed.
4. Gently chew on the swab or move it around to where you have the most saliva. Keep it in your mouth until it feels like a sponge. This usually takes one minute and can take several minutes. Please fill out the appropriate questionnaire while chewing on the cotton.
5. When the cotton swab is full, select the tube with the proper day and color on the label and empty the cotton ball into the plastic holder at the top of the tube. Make sure to close the tube tightly with the stopper when you're done.
6. Please use the pen provided to write the date and the exact time on the tube label.
7. Put the kit in the freezer. If you are away from home it is ok to keep the sample at room temperature for several hours.
8. **Set the timer** for the time period until your next sample.

Your honesty is crucial to help us make sense of the data. Please let us know the true sample time, even if it is later than your scheduled time. Thanks!

Questions??? Call us at 585-276-6982