**Packing & Return Shipping**

1. **Ship only Monday through Thursday. Do not ship Friday through Sunday.**

2. Insert your Patient Submittal Form into the pouch located under the lid of the Specimen Collection & Transport kit box.

3. Place the biohazard bag containing your collection vials into the box.

4. Place the **frozen ice gel pack** on top of your samples, replace the insulated styrofoam insert lid, and close the box.

5. Drop the package off at any UPS location. For a list of UPS locations, call (800) 742-5877 or visit www.ups.com.

---

**Contents of Your Test Kit**

- UPS Laboratory Pak and Return Shipping Label
- Specimen Transport Kit
- Ice Gel Pack
- Frozen Ice gel pack
- Pack of 8 Collection Vials:
  - Patient Information Labels
  - Biohazard Specimen Bag with absorbent orange pad (do not remove the pad from bag)
  - Patient Submittal Form

**Packing & Shipping Components**

- Place the ice pack flat in freezer for at least 24 hours before shipping your samples.
- Practice collecting saliva if you haven’t done so before. You can rinse and air dry the vial after doing a practice collection.
- Drink plenty of water the day before saliva collection to improve oral hydration.

---

**Collection Restrictions**

- On Collection Day (Unless otherwise instructed):
  - Do not drink caffeine
  - Do not drink alcohol
  - Gently brush teeth - do not cause bleeding. Do not floss.

- 24 Hours Prior:
  - Collect saliva before taking any medications or supplements, especially cream or liquid for hormone replacement therapy, or corticosteroid medications (e.g. hydrocortisone). Avoid other sleep inducing medications that can affect melatonin secretion and melatonin levels.
  - Do not exercise
  - Do not smoke
  - Do not drink alcohol
  - Do not drink caffeine
  - Do not eat chocolate
  - Do not eat bananas, oranges, tomatoes, olives, barley, rice, and walnuts.
  - Avoid NSAIDS (e.g. aspirin, ibuprofen, and naproxen, etc.)

- 3 Days Prior:
  - Stop using melatonin supplements or other sleep inducing medications unless instructed otherwise by your clinician.

---

**Prior to Starting the Test**

**Important Points:**

- Drink plenty of water the day before saliva collection to improve saliva collection.
- Practice collecting saliva if you haven’t done so before. You can rinse and air dry the vial after doing a practice collection.
- Avoid medications that can affect melatonin secretion.
- Avoid using melatonin supplements.

---

**Patient Test Instructions**

**Domestic**

 Applies to the following tests:

- **220 Dim Light Melatonin Onset (Sleep Profile)**

**IMPORTANT:** Read all of the instructions carefully BEFORE you begin preparing for specimen collection.
Collection Process

How to Prepare for Sample Collections

- Download a light metering application to a mobile device (smartphone or tablet) unless you have a light metering device. Android users can try “Lux Meter” and iOS users can try “Lux Light Meter Pro” among others. This tool will be used to ensure that your light exposure for the entire time of collection is below 30 lux. Test your environment prior starting with sample collections.
- Download a “multi-timer” application on your device, or use a similarly reliable method. You’ll need to set hourly reminders to alarm 15 minutes prior to each collection (total of 8).
- Prepare room where collections will occur and anywhere else you are required to be during collection time period (bathroom, kitchen, etc). Close all blinds and curtains, and dim or turn off indoor lights (including bathroom lights) to lowest level while still being able to read instructions. Ask others to be respectful of your privacy during collection.
- Dim light on televisions, computer monitors and on mobile devices to ensure 30 lux (or less) during collections.
- Prepare any drinks or snacks before collection period store in collection area/room to avoid unnecessary movement and light exposure. Small snacks and fluids are permitted except 20 minutes before each sample.
- Keep instructions, vials and specimen bag in collection area.
- Using the typical time you fall asleep - on average - start your collection as explained below in “Sample Collection Period.”

Sample Collection Restrictions

- You must remain awake throughout the entire period of sample collection.
- You may brush teeth, use dental floss, mouthwash, or chew gum up to 2 hours before first collection.
- Showers and exercise are not allowed during the collection period. Bathroom trips are permitted however you must remain in dim light.
- Avoid unnecessary movement during each collection. Remain seated 5-10 minutes before each sample collection (no standing as this has been shown to affect results). Minimize physical movement for the duration of the collection process.
- You must rinse your mouth out with water 15 minutes prior to saliva collection if food was consumed.

Sample Collection Period

- Collect samples in the lowest light possible (<30 lux).
- Start 1st collection 5 hours before sleep onset (time you typically fall asleep). Collect 1 saliva sample every hour for 8 consecutive hours. Set timers for 15 minutes before each collection so you can immediately rinse your mouth with water. Be seated for 10 minutes then collect sample.
- Record time of each saliva collection on the BioHealth Submittal form and on each vial.
- After each collection, place sample inside the specimen bag.
- After the 8th collection, place the specimen bag (containing samples) in the freezer.

Sample Collection Example

In the collection example below, the sleep onset (when you typically fall asleep) is identified as 10:00 pm. In this case, the first collection will be at 5:00 pm and continue every hour for 8 total collections.

<table>
<thead>
<tr>
<th>Time</th>
<th>Sample</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00p</td>
<td>1</td>
</tr>
<tr>
<td>6:00p</td>
<td>2</td>
</tr>
<tr>
<td>7:00p</td>
<td>3</td>
</tr>
<tr>
<td>8:00p</td>
<td>4</td>
</tr>
<tr>
<td>9:00p</td>
<td>5</td>
</tr>
<tr>
<td>10:00p</td>
<td>6</td>
</tr>
<tr>
<td>11:00p</td>
<td>7</td>
</tr>
<tr>
<td>12:00a</td>
<td>8</td>
</tr>
</tbody>
</table>

Sample Collection Steps

1. Each collection vial requires 2 ml (excluding foam).
2. Rinse out your mouth thoroughly with water and wait a minimum of 15 minutes before collection.
3. Fill out the patient information labels using a permanent marker or a pen with smear-proof ink. Let the ink dry before placing on vial. Record time of each saliva collection on the Patient Submittal form.
4. Uncap the collection vial and hold it to your lips.
5. Tilt head forward and allow the saliva to naturally pool under your tongue. Avoid clearing throat and expressing phlegm into the vial.
6. Fill vial to 2 ml mark excluding foam. Foamy saliva or bubbles should be avoided. If any are collected these should be above the marked (ml) fill line. To settle any bubbles/foam collected in the vial, lightly tap it on a hard surface and continue.
7. Cap the collection vial firmly and affix the patient information label.
8. Place the vial in the biohazard bag. When all 8 samples are collected, freeze them for at least 24 hours then remove when you’re ready for shipping to the lab.

Guidelines for Collecting Saliva

- Hold your tongue against the roof of your mouth, yawn, or smell a cut lemon or vinegar to help stimulate saliva production.
- Place the tip of the tongue behind the front teeth or run your tongue around your cheeks to help stimulate saliva production.
- Stimulate the salivary glands by gently massaging the outer cheeks (in front of ear and under the jawbone).
- As you run out of saliva while collecting your sample, stop and wait.
- Don’t force saliva if you are having difficulty collecting. It will result in a foamy sample. The saliva will come if you follow the tips provided above.

Patient Submittal Form

Complete all information on the Patient Submittal Form. It is important to list all supplements and medications on the Patient Submittal Form in the space provided. Enter each sample collection time in the Collection Information section.

If you need additional space, continue on a separate piece of paper and send it with your return shipment. All forms must be included with your samples in order for BioHealth to process your test.

Need Help? We’re Here for You

If you have any questions about the collection process, please refer to the Patient FAQ at biohealthlab.com/patients or contact your clinician.

BioHealth Laboratory
23900 Hawthorne Blvd Suite 150
Torrance, CA 90505

(800) 570-2000
(Toll-Free US/Canada)

www.biohealthlab.com

(307) 212-6600
(Worldwide)