

(UP165) Maizinol Study Instructions

Getting Started:

- Charge VivoSmart device
- Familiarize yourself with how it works
- Set up Garmin Connect account for VivoSmart device – we will access this account to gather data collected via the device related to sleep, stress, activity & heart rate. Please use the following for this account

Username: email as you provided on informed consent

Password: Study2020!

Wear the VivoSmart device for the duration of the study (including at night), except to charge it. Charging does not take very long, and lasts for multiple days

Baseline Measurements: _____

- UPON WAKING: BEFORE EATING, DRINKING OR BRUSHING TEETH, follow instructions for saliva sample collection. Please use the 'Baseline 1' tube and put in freezer after collection.
- Complete *Baseline* PSQI Survey
- Complete *Baseline* Profile of Mood States Survey

End of Baseline Week: _____

- UPON WAKING: BEFORE EATING, DRINKING OR BRUSHING TEETH, follow instructions for saliva sample collection. Please use the 'Baseline 2' tube and put in freezer after collection.
- Complete *Weekly* PSQI Survey
- Complete *Weekly* Profile of Mood States Survey

Start of Week 1-End of Week 4 : _____

Begin supplement regimen – 1 capsule daily for 4 weeks

End of Week 1: _____

- UPON WAKING: BEFORE EATING, DRINKING OR BRUSHING TEETH, follow instructions for saliva sample collection. Please use the 'Week 1' tube and put in freezer after collection.
- Complete *Weekly* PSQI Survey
- Complete *Weekly* Profile of Mood States Survey

End of Week 2: _____

- UPON WAKING: BEFORE EATING, DRINKING OR BRUSHING TEETH, follow instructions for saliva sample collection. Please use the 'Week 2' tube and put in freezer after collection.
- Complete *Weekly* PSQI Survey
- Complete *Weekly* Profile of Mood States Survey

End of Week 3: _____

- UPON WAKING: BEFORE EATING, DRINKING OR BRUSHING TEETH, follow instructions for saliva sample collection. Please use the 'Week 3" tube and put in freezer after collection.
- Complete *Weekly* PSQI Survey
- Complete *Weekly* Profile of Mood States Survey

End of Week 4: _____

- UPON WAKING: BEFORE EATING, DRINKING OR BRUSHING TEETH, follow instructions for saliva sample collection. Please use the 'Week 4" tube and put in freezer after collection.
- Complete *Weekly* PSQI Survey
- Complete *Weekly* Profile of Mood States Survey

We will coordinate with you to collect surveys & get bio samples to the lab