



Please make a copy of this document, rename it, and share it with aaronmassachi@gmail.com when completed.

Pinacal is a fully registered and licensed patent!
Patent Serial No. 16/746207 issued by the [United States Patent and Trademark Office](https://www.uspto.gov/) (On 07/23/2021).

Dear Participant of the Pinacal Volunteer Study,

Thank you for offering to provide your responses to the following data collection survey. We are very grateful for your time involved in completing this survey. The confidentiality of your responses is protected and will not be shared with your employer or any related institution. This data will be tabulated with data collected from other volunteers, and personal names and information will be omitted. With your check (☑) in the section below, you agree to waive any liability.

Instructions:

1. Please go to "FILE" and click on "MAKE A COPY" -
2. Add your initials to the name of the file.
3. Begin to answer the survey below.
4. When fully completed, please share with Aaron Massachi- aaronmassachi@gmail.com

*You will need to wear a **smartwatch** throughout the duration of this study, in order to input the results into the survey both before and after wearing the Pinacal.

Your participation in this study involves the following: The color corresponds to the survey section.

- A. Personal Information: Questions to identify your work/sleep/exercise routine of this document.
- B. Tests and survey questions: On a typical work shift, within 30 minutes of waking up, prior to wearing the Pinacal device.
- C. Tests and survey questions: On a typical work shift after wearing the Pinacal device, within 30 minutes of waking up, for a minimum time of 30 minutes.

| | |
|--|--|
| Please copy/paste ☑ for your agreement to waive any liability to the Pinacal team. | Paste check here please: Or write "agree" here: |
| Age Range -choose one level (15-25, 26-40, 41-60, or over 61) | |
| Gender (optional) | |
| Physical activity during wakefulness <u>Low</u> = less than 2 hours <u>Medium</u> = 2-4 hours <u>High</u> = greater than 4 hours) | |
| Hours of work (9 am-5pm, 3pm-12am, 12am-8am) (The range that most resembles yours) | |
| Meal Times: Traditional or Atypical | |
| Hours of sleep: Traditional or Atypical | |

Please continue in the **blue section**- prior to wearing the Pinacal device below:

| | | | | | | | | | | | |
|---|---|-------------|--|---------------------------|--|-------------------|--|------------|--|--------------------|--|
| <p>1. PVT with Apple device or nonApple device (use thumb of dominant hand)</p> | <p>PVT results- generated by the app or website after you complete the test:</p> <div data-bbox="792 289 1528 357" style="border: 1px solid black; height: 30px; width: 100%;"></div> | | | | | | | | | | |
| <p>2. Karolinska Sleepiness Scale (KSS)</p> <div data-bbox="102 493 764 919" style="border: 1px solid black; padding: 10px;"><p>1 = extremely alert 2 = very alert 3 = alert 4 = rather alert 5 = neither alert nor sleepy 6 = some signs of sleepiness 7 = sleepy – but no difficulty remaining awake 8 = sleepy, some effort to keep awake 9 = extremely sleepy – fighting sleep 10 = extremely sleepy, falls asleep all the time.</p></div> | <p>Please add the number from the KSS list on the left that correlates to your wakefulness:</p> <div data-bbox="792 520 898 588" style="border: 1px solid black; height: 30px; width: 60px; margin-left: 10px;"></div> | | | | | | | | | | |
| <p>3. Actigraphy: Please complete the chart on the right using data collected from a smartwatch</p> | <table border="1" data-bbox="792 1024 1528 1344"><tr><td>Time asleep</td><td></td></tr><tr><td>Sleeping respiratory rate</td><td></td></tr><tr><td>Wrist temperature</td><td></td></tr><tr><td>Heart rate</td><td></td></tr><tr><td>Blood oxygen level</td><td></td></tr></table> | Time asleep | | Sleeping respiratory rate | | Wrist temperature | | Heart rate | | Blood oxygen level | |
| Time asleep | | | | | | | | | | | |
| Sleeping respiratory rate | | | | | | | | | | | |
| Wrist temperature | | | | | | | | | | | |
| Heart rate | | | | | | | | | | | |
| Blood oxygen level | | | | | | | | | | | |
| <p>4. Color Vision: click on this link and write the number of your correct responses out of the 12 images in the box to the right</p> | <p>Number/percent correct responses:</p> <div data-bbox="792 1476 898 1543" style="border: 1px solid black; height: 30px; width: 60px; margin-left: 10px;"></div> | | | | | | | | | | |

Please continue in the **yellow section**- after wearing the Pinacal device below:

| | | | | | | | | | | | |
|--|---|-------------|--|---------------------------|--|-------------------|--|------------|--|--------------------|--|
| <p>5. PVT with Apple device or nonApple device (use thumb of dominant hand)</p> | <p>PVT results- generated by the app or website after you complete the test:</p> <div data-bbox="792 289 1528 357" style="border: 1px solid black; height: 30px; width: 100%;"></div> | | | | | | | | | | |
| <p>6. Karolinska Sleepiness Scale (KSS)</p> <div data-bbox="102 493 764 919" style="border: 1px solid black; padding: 5px;"><p>1 = extremely alert 2 = very alert 3 = alert 4 = rather alert 5 = neither alert nor sleepy 6 = some signs of sleepiness 7 = sleepy – but no difficulty remaining awake 8 = sleepy, some effort to keep awake 9 = extremely sleepy – fighting sleep 10 = extremely sleepy, falls asleep all the time.</p></div> | <p>Please add the number from the KSS list on the left that correlates to your wakefulness:</p> <div data-bbox="792 520 898 588" style="border: 1px solid black; width: 60px; height: 30px; margin-left: 10px;"></div> | | | | | | | | | | |
| <p>7. Actigraphy: Please complete the chart on the right using data collected from a smartwatch</p> | <table border="1" data-bbox="792 1024 1528 1344"><tr><td>Time asleep</td><td></td></tr><tr><td>Sleeping respiratory rate</td><td></td></tr><tr><td>Wrist temperature</td><td></td></tr><tr><td>Heart rate</td><td></td></tr><tr><td>Blood oxygen level</td><td></td></tr></table> | Time asleep | | Sleeping respiratory rate | | Wrist temperature | | Heart rate | | Blood oxygen level | |
| Time asleep | | | | | | | | | | | |
| Sleeping respiratory rate | | | | | | | | | | | |
| Wrist temperature | | | | | | | | | | | |
| Heart rate | | | | | | | | | | | |
| Blood oxygen level | | | | | | | | | | | |
| <p>8. Color Vision: click on this link and write the number of your correct responses out of the 12 images in the box to the right</p> | <p>Number/percent correct responses:</p> <div data-bbox="792 1476 898 1543" style="border: 1px solid black; width: 60px; height: 30px; margin-left: 10px;"></div> | | | | | | | | | | |

Thank you for participating in the Pinacal Volunteer Study! We are greatly appreciative to you for taking time out of your day to help us advance our research. Please share your copy of this document to aaronmassachi@gmail.com.