

Date:

**Health contract**

I have enrolled in a research study called Sleep SMART. The purpose of this study is to test whether CPAP improves stroke recovery and prevention. I have been assigned to use CPAP for the next 6 months.

**My ultimate goal is to use CPAP all night, every night for the next 6 months.**

**To reach my ultimate goal, I commit to using CPAP the best I can on most nights of the week, first focusing on the next 3 months.**

**As part of this process, I agree to be in regular contact with my sleep coach.**

If I find regular CPAP use challenging, I agree to reach out to my sleep coach. I know that they can be reached at 470-655-6688, and that resources are available to me on this website: <https://www.nihstrokenet.org/trials/sleep-smart-trial/patients>. I know that I can track my own CPAP use through the myAir app or website.

Participant signature

Witness