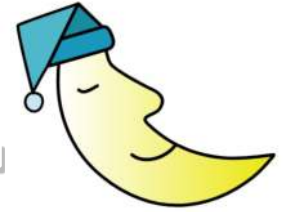


Breathe Deeply...



Sleep Tight!

Do you, or someone you care for have breathing and/or sleep problems?

We are a team of patient advisors, caregivers, clinicians (such as doctors, pharmacists, nurses and respiratory therapists) and researchers. We want to find out about the question you have about breathing problems and sleep problems. People with breathing problems and/or sleep problems as well as their caregivers are the best people to tell us what are the important questions that need answers. By telling us about your experiences, you can help direct research dollars to answer the questions that matter most. The survey takes only 5-15 minutes to complete!

If you:

Have breathing problems

Have sleep problems

Provide care for someone (such as parents, spouses, family, friends) with breathing and/or sleep problems

Are a health care professional who look after people with breathing and/or sleep problems

We would ask you to consider taking part in this short survey. If you take part, you may enter to win one of four \$50 Indigo/Chapters gift cards. We will have a four prize draws (approximately every three weeks from the survey start), with one winner each time. Once you complete the survey, you will be eligible for all remaining draws. So the earlier you enter, the more draws you are eligible for. You may only win one of the draws (if you win a prize, you are not eligible to win future draws). While we can't give you an exact odds of winning (because it will depend on how many people enter the draw), we hope to have at least 250 people complete the survey. If that is the case, the odds of winning are 2/125. **Your personal information will be kept confidential.**

You may open the survey in your web browser by clicking the link below:

[Breathe Deeply....Sleep Tight](#)

If the link above does not work, try copying the link below into your web browser:

<https://redcap.ucalgary.ca/surveys/?s=7W837YAXF8>



If you have any questions about this survey, you can email Heather Sharpe. Her email address

is: heather.sharpe@ahs.ca. This project is being funded by the Respiratory Health Strategic Clinical Network (RHSCN) Scientific Office, a network within Alberta Health Services.



RESEARCH

What research questions do you want answered about breathing and/or sleep problems?