

SLEEP BALANCE

Dried Urine Testing Instructions

1 Choose Your Collection Day

- ▶ Read the instructions thoroughly and decide the ideal day for you to test. Mark it on your calendar.
- ▶ **RESTRICTIONS:** The day before and the day of testing, ZRT recommends avoiding bananas, pineapple, avocado, nuts and nut butters, alcohol and nicotine, protein powders and protein shakes.
- ▶ **IMPORTANT:** Sleep aids (e.g. melatonin, sleep medications) will affect test results. For baseline melatonin levels, avoid sleep aids for 2 nights prior to collection.
- ▶ Avoid collecting when blood could be in your urine. Menstruating women do not collect during your period. Test on a typical, healthy day.
- ▶ Failure to follow instructions may impact results or cause the lab to reject your sample.



View the collection video at www.zrtlab.com

2 Collection Timing



SAMPLE 1

Collect your first urination immediately upon waking for the day.

- ▶ Don't eat, drink anything but water, take vitamins or supplements, or take medications (except as advised by your health care provider) until after the second collection.
- ▶ Refrain from drinking more than 8 oz in the hour before each collection to allow your urine to concentrate.



SAMPLE 2

Collect your second urination of the day, about 2 hours after your first collection. Limit drinking to 8 oz the hour before.

- ▶ After collecting the second sample, resume vitamins, supplements and medications. Eat and drink normally, continuing to avoid the restrictions noted in Section 1.



SAMPLE 3

Collect just before dinner. Limit drinking to 8 oz the hour before.



SAMPLE 4

Collect just before your bedtime. Limit drinking to 8 oz the hour before.

3 Collect Samples



STEP 1

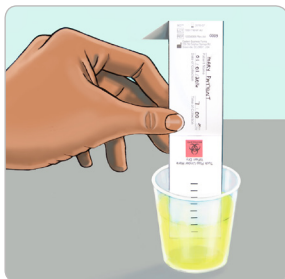
At each collection time: Remove a collection card from the pink bag. **Save this bag with the absorbent pouch.**

Write your name, the date and time of collection on the card prior to collecting the sample.



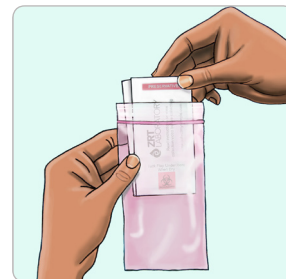
STEP 3

Hang or tape the collection card in a secure place to dry - like over a towel rack. Make sure that the urine saturated filter paper does not touch anything.



STEP 2

To collect: Open the cover on the collection card. Fold it back and away from the filter paper. Avoid touching the filter paper. Saturate the filter paper by directly urinating onto it, or by collecting your urine in a clean cup and dipping the filter paper up to the top black dash line.



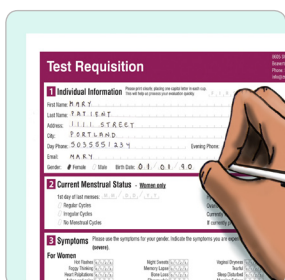
STEP 4

Allow to dry completely. Once dry, refold the collection card and place sample back into the pink bag and seal.

Make sure absorbent pouch is still inside. Follow this process for the remaining three samples.

*** Do not leave dry samples out of the bag for more than 24 hours**

4 Finish & Send



STEP 1

Complete all paperwork. Make sure all sections are filled in and your form is signed.



STEP 3

Place the entire test kit box inside the return packaging.

Affix the prepaid label or postage if applicable. Return using the appropriate carrier.

Samples will remain stable under average shipping conditions, including over weekends and holidays.



STEP 2

Place the sealed bag, the Test Requisition form and any additional paperwork back into the plastic test kit box. Snap test kit lid shut.

Make sure to include payment (if applicable).

! Important

- ▶ **Reasons for sample rejection:** Samples that are still wet, not sealed in the bag, or too dilute (too much liquid consumed prior to collection) will not be processed, replaced or refunded. Samples over 30 days old will not be processed.
- ▶ **What if I miss a collection?** If you miss a collection time, collect the sample at the designated time the following day. For example, if you miss the evening collection, collect in the evening the next day. Revise the requisition form and the time on the back of the card appropriately.
- ▶ **What if I lost the pink bag?** Use a plastic sealable bag.