



## MOD SLEEPTIME STUDY

During the weeks from 8-18-08 through 9-11-08, it was agreed that Intervention would collect urine specimens on all Multiple Offender DUI Program (MOD) clients, at the time of downloading their SleepTime units/information. The following is the results of the study:

### Boulder Clients

**N = 6 clients**

<b>Number of Total Downloads During Study Period</b>	<b>= 48</b>	
<b>Number of High Risk Readings</b>	<b>= 12</b>	<b>25%</b>
<b>Number of Low Risk Readings</b>	<b>= 36</b>	<b>75%</b>
<b>Number of High Risk Positive UA's</b>	<b>= 0</b>	<b>0%</b>
<b>Number of High Risk Negative UA's</b>	<b>= 12</b>	<b>100%</b>
<b>Number of Low Risk Positive UA's</b>	<b>= 0</b>	<b>0%</b>
<b>Number of Low Risk Negative UA's</b>	<b>= 36</b>	<b>100%</b>

### Longmont Clients

**N = 2 clients**

<b>Number of Total Downloads During Study Period</b>	<b>= 16</b>	
<b>Number of High Risk Readings</b>	<b>= 4</b>	<b>25%</b>
<b>Number of Low Risk Readings</b>	<b>= 12</b>	<b>75%</b>
<b>Number of High Risk Positive UA's</b>	<b>= 0</b>	<b>0%</b>
<b>Number of High Risk Negative UA's</b>	<b>= 4</b>	<b>100%</b>
<b>Number of Low Risk Positive UA's</b>	<b>= 0</b>	<b>0%</b>
<b>Number of Low Risk Negative UA's</b>	<b>= 12</b>	<b>100%</b>

Intervention, Inc. of Westminster, CO conducted a comparison of laboratory urinalysis (Norchem) with the SleepTime Alcohol and other Substance Abuse monitoring system at both their Boulder and Longmont, CO offices from August 18, 2008 through September 11, 2008. Intervention conducted this comparison on all MOD clients or a total of 8 participants with substance abuse issues exhibiting high risk behavior. For a period of 4 weeks study participants were required to provide a urine sample with each SleepTime upload even though not called for by SleepTime data analysis. As usual if a urine sample was called for by SleepTime it was provided and analyzed as well. All MOD clients participating in the study had established SleepTime baselines.

Breakdown of study results is as follows:

	SleepTime Low Risk	SleepTime High Risk	Total
Negative	48	16	64
Positive	0	0	0
Total	48	16	64

Negative	75%	25%	100%
Positive	0%	0%	0%
Total	75%	25%	100%

The population involved in this study is a group of high risk individuals with a significant history of alcohol/drug use. The fact that 100% of the urine samples were confirmed negative for EtG and drugs clearly indicates the SleepTime Program is deterring alcohol and drug use in this population. This is in fact the primary goal of drug testing in this Intervention program.

It should be noted that all MOD clients participate in weekly drug/alcohol treatment and the results of SleepTime readings and UA specimens are made available to the counselors to be integrated into the treatment aspect of the client's recovery.