

Operation Stay Alert

How to Participate - Step By Step Directions

New Users - Returning Users - Troubleshooting

First time users:

1. You must be at a computer with internet access to participate.
2. Open your internet browser (Internet Explorer or Mozilla Firefox).
3. Go to www.firefighterssleep.org
4. Select the "Participate" link located in the menu at the top of the main page.
5. Find & select your departmental link. Departments are listed alphabetically.
6. Enter your firefighter ID.
7. Select the "View Video" button at the bottom of the page.
8. The video will begin automatically (it may take a moment to load).
9. At the end of the video, please click "continue" if you wish to continue to the survey.
10. Read the consent form.
11. Select the "Participate" button at the bottom of the page if you choose to participate or "Do Not Participate" if you choose not to participate.
12. Enter your email address & choose a password (6-12 letters or numbers).
13. Select the "Create Account" button.
14. The following page serves to remind you of your chosen email and password, in the event you need to sign back in at a later time. Please do not forget your email and password. Otherwise, your answers may be lost.
15. Select "Begin Survey"
16. Complete the survey. At the end of each page, there will be a button for you to select to advance to the following page. Should you need to abandon your survey part way through, simply close the browser, and you will be signed out. Your information and answers will be saved. Instructions about how to sign back in will be provided at the end of these directions.
17. Once you finish the survey, select the button that says "finish". This will display your sleep screening results.

18. After viewing your sleep screen results, you may search for a sleep clinic in your vicinity using the “Find a Sleep Center” button. This will bring you to the website www.sleepcenters.org.
19. Enter your zip code & select a radius of 5, 10, 25, 50, or 100 miles. Select the “search” button and the website will find board certified sleep clinicians in that area.
20. Congratulations. You have completed the survey.

Returning Users:

1. Open your internet browser (Internet Explorer or Mozilla Firefox).
2. Go to www.firefighterssleep.org
3. Select the “Participate” link.
4. At the top of the page, there will be a “Returning Users” box. Inside this box, select “sign in”.
5. Enter the original email and password you selected when you first registered.
6. Select “Login”.
7. From here, you can either continue your survey, or view your sleep screen results by selecting “Sleep Questionnaire Screen Results”
8. Continue from #16 in the above directions.

Troubleshooting:

1. If you are having difficulty signing in, make sure that, if you are a returning user, you enter via the “Returning Users” link illustrated in the second set of instructions above.
2. If you are still having difficulty signing back in, make sure that you are using the original email and password you entered upon registering.
3. If you continue to experience difficulty, please call our study line at 1-617-525-2618 or email us at info@firefighterssleep.org.

Thank you for your participation!