



October 31, 2006

Dear SleepTime Customers and Future Customers:

According to a recent article in *The Advisory*, a publication distributed by the Substance Abuse and Mental Health Services Administration (SAMHSA), an agency of the U.S. Department of Health and Human Services, the role of the biomarkers in relation to the treatment of alcohol disorders is addressed. One of the biomarkers discussed in the article is Ethyl Glucuronide. EtG is a direct biomarker meaning that it is an analyte of metabolized alcohol, which can be measured after consumption of alcohol.

The 24/7 SleepTime Alcohol and Other Drug Abuse Monitoring System, manufactured by Drug Impairment Detection Services, DBA StreetTime Technologies, uses EtG for confirmation for clients on the SleepTime system who are at high risk for alcohol abuse. SleepTime uses a well-established FDA-cleared actigraphy wrist monitor. The SleepTime monitor records moment-to-moment sleep patterns through the night, and detects deviations. Alcohol and drugs affect our sleep hygiene in various ways. Length of sleep, quality of sleep, depth of sleep and patterns of dream sleep are all directly impacted by intoxicant use. When the individual reports to a SleepTime monitoring center, sleep data is downloaded from the monitor and analyzed using our exclusive copyrighted software. Agencies receive a prompt report of any evidence of apparent substance abuse. If the subject does not acknowledge use, a urine toxicology sample is collected and analyzed by the SleepTime lab.

Ethyl Glucuronide (EtG) testing confirms beverage alcohol consumption for up to 3-1/2 days after use. Episodes of other drug use, including THC, cocaine, methamphetamine, opiate, amphetamine, benzodiazepine and other drug abuse are also confirmed using urinalysis testing.

The system prescreens subjects and identifies only those subjects that have likely used a substance and further recommends only those subjects for follow-up urine testing. This prescreen can greatly reduce cost for agencies that continually monitor subjects for drug and alcohol use.

The Advisory cautions against mainstreaming EtG confirmation of alcohol consumption because of its high sensitivity level to alcohol and the potential for a false positive.

EtG positives may result from exposure to alcohol in the form of household and commercial products; for example, hand sanitizer.

SleepTime takes this sensitivity into account with its alcohol and drug monitoring system, and educates its clients about the possible outcome of toxicology reports based on alcohol exposure. The 'SleepTime Program Participation Agreement', includes the following statement:

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"I understand that I am to abstain from any and all alcohol and other mood altering chemical consumption and to avoid the use of products containing alcohol, including but not limited to mouthwash, medicinal alcohol (including over the counter medications containing alcohol, such as cough medicines or cold remedies), as well as lotions and body washes."

SleepTime is a zero tolerance system used for alcohol and drug abuse monitoring. If a subject is placed under "no alcohol terms" by the court, quite often these subjects must refrain from any type of alcohol use, including those found in over the counter medication and household products.

In the criminal justice system, levels have continued to be important with regard to detecting drugs in one's urine. However, clients being monitored for a no alcohol term must abstain from all alcohol products.

The Advisory suggest that, "... until further research has been conducted, the high sensitivity of the EtG and EtS tests does not permit the distinction between alcohol exposure and alcohol consumption at lower levels of possible biomarker detection." However, it is clear that the article does state that EtG can serve as a productive "objective measure to show evidence of abstinence in individuals prohibited from drinking."

Clients who have committed alcohol-related crimes or those in treatment and recovery can prove their abstinence from alcohol without question through the SleepTime system and EtG confirmation.

As for the concerns over consumption verses incidental exposure, let's apply a little deductive reasoning. If a client is claiming incidental exposure due to environmental exposure of alcohol related products, then we can easily explore the claim and judge it on its merits. Let's examine a hypothetical claim: Client John Doe produces a positive EtG above 1,000ng/ml and claims it is the result of chemicals they use at work which contain alcohol. In an effort to shed some light on the subject, Mr. Doe's caseworker requests an EtG test a week later, however, this time the level is 0. We need to stay focused on the issue at hand and that is abstinence and not high or low levels. If Mr. Doe were continually exposed to chemicals on the job, it would be expected to have some sort of EtG level in all of his urine tests. It should not be difficult for us to conclude that if a client has four EtG's in a month and three of them have zero levels, and the one that has a level of 1,000ng/ml is clearly non-incidental exposure.

I agree that we need to continue studying EtG, as we would any scientific test, but I also believe we cannot react with hysterics. EtG testing has served and will continue to serve as an effective alcohol-monitoring tool. We cannot discount the numerous admissions that have come forth as a result of EtG testing. I strongly suggest that we deal with claims of incidental exposure on a case-by-case basis and closely examine the client making the claim.

"EtG is a biomarker of alcohol ingestion, but, definitive data about a reliable cutoff to differentiate between alcohol abuse and accidental exposure is still under investigation. Information in the scientific literature has reported that levels greater than 500 ng/mL are extremely unlikely to be caused by accidental exposure to alcohol." said Gerad Meenan of Ammon Laboratories.

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EtG provides an 80+ hour window of detection compared to urine alcohol testing with its 6-10 hour window of detection. EtG does not produce false positives due to the urine sample containing glucose, infection with certain microorganisms' and improper transport/storage as is the case with urine alcohol toxicology.

For over three years, SleepTime has been a trusted system in treatment and criminal justice for monitoring and detecting alcohol and other drug abuse. EtG tests called for by SleepTime provide one of the most effective tools for validating abstinence.

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