



Here are the step by step instructions to take the Lifetone Deep Sleep Dare...

PREPARATION:

1. Plan ahead for the night you're going to take the Dare. If you have nearby neighbors, let them know ahead of time you'll be running a test (maybe even ask them to join you by doing their own Lifetone Deep Sleep Dare the same night!). If you have children, it's a good idea to tell them you're going to be doing a safety test some night soon and how it will work, but don't tell them which night. Otherwise they may be a little anxious and not sleep normally the night of the Dare (but of course, use your best judgment as their parent or guardian). This is also a great opportunity to go over your fire evacuation plan with your family.
2. Choose the one adult in your home who you think is the lightest sleeper – for example, the person who usually wakes up during a thunderstorm or from other loud noises at night. He or she is going to be "The Daremaster;" everyone else will be a "Sleeper."
3. You will need to plan which smoke alarm will be used on the night of the test. Depending on the way your smoke alarms are wired, you may also decide you need an "Assistant Daremaster." Here's what you need to know:
 - (a) Are your smoke alarms interconnected so that if one triggers, all of the alarms in your home will sound? Homes built from 1990 on should have interconnected alarms because this became a national building code requirement at that time.
 - (b) If your home was built before 1990 or you are not sure if your alarms are interconnected, just trigger any alarm by pressing its test button and see if the other alarms in your home also sound (see your smoke alarm manufacturer's instructions if you need help).
 - (c) **For homes that DO have interconnected smoke alarms:** on the night of the Dare, choose a smoke alarm that is nearest to the majority of your Sleepers (it may be in a hallway outside of your bedrooms).
 - (d) **For home that DO NOT have interconnected smoke alarms:** You will need to decide between two different approaches to the Dare.
 - i. Approach #1 (Ideal): If you can recruit an "Assistant Daremaster" to help you the night of the test (e.g. a spouse or close friend), the Assistant should be the person who triggers **the smoke alarm farthest away from the majority of your Sleepers**. The Daremaster will stay near the sleeping rooms in order to observe if the Sleepers wake up, and how quickly. By using the alarm farthest away, you are testing the "worst case scenario" of a fire that starts away from the sleeping rooms, which means only the more distant smoke alarm(s) will be triggered initially. In a real fire like this, the fire could already be blocking your main escape routes by the time the smoke alarms near your sleeping rooms are triggered. If your Sleepers wake up to the sound of the most distant alarm, you can rest easier knowing that they will most likely wake up from alarms that are even closer.
 - ii. Approach #2: If you cannot recruit an Assistant Daremaster, then you should choose a smoke alarm that is near the majority of your Sleepers so you can observe them while your are setting off the alarm.

THE NIGHT OF THE DARE:

4. On the night of the Dare, The Daremaster (and Assistant, if you have one) should **stay awake at least two hours after the last Sleeper in the house has fallen asleep**. This timing is important because you want your Sleepers to be in their deep sleep period, which usually occurs during the first several hours of sleep. The doors to sleeping rooms should be kept however they are normally at night, either open or closed.
5. Noting the exact time and **following the smoke alarm manufacturers' instructions**, The Daremaster (or Assistant, as you decided in Step 3 above) will need to trigger the smoke alarm by pressing the "test" button. **It is important to be able to keep pressing the test button in order to simulate the duration of the alarm signal in a real fire**. You may find it helpful to use a broom handle or pole so you can press the test button repeatedly while standing on the floor. You may also want to have some light-duty ear plugs (usually available at local drug stores) since you will be standing so close to the alarm, but you still want to be able to hear any sounds your Sleepers make during the test. Each time the alarm sound stops, press the "test" button again. **You should continue the alarm cycle for up to two minutes or until all of your Sleepers are awake—whichever occurs first**.

The Daremaster's job is now to listen to and observe the Sleepers, and keep track of the time. **You want to note if and when each Sleeper fully awakens and exits their room**. If you have young Sleepers participating in the Dare and they wake up frightened but stay in their room, call out to them to come to you so you can reassure them everything is okay (but note: in a real fire emergency it would be critical for them to know what to do if you are not there to help them).

If some of your Sleepers don't wake up or exit their rooms, it's up to you to decide if you want to continue the test beyond two minutes. But, remember that in a real fire, experts say you should plan on having no more than that amount of time to escape because fire and deadly smoke can spread incredibly fast. **So if your alarm cycle was at least two minutes, every Sleeper you still had by the end of the Dare is a loved one who could easily perish in a nighttime fire**. Don't assume that people who did wake up would have time to get to your Sleepers - those who wake up may only have seconds to escape themselves, or they may not be able to reach a Sleeper due to toxic smoke.

AFTER THE DARE:

6. If your Dare shows you that a loved one doesn't wake up to your smoke alarms, **please don't wait another night to protect them!** Order a Lifetone HL Bedside Fire Alarm and Clock to put at that person's bedside so they can sleep safely. They should have the peace of mind--and so should you--that if a smoke alarm signals a fire in the middle of the night, they're going to have the best chance they can of waking up quickly and getting out safely.
7. **Tell us the results of your Dare!** Use our [Lifetone Deep Sleep Dare Report form](http://www.lifetonetechnology.com/take-the-dare/dare-stories.html) (<http://www.lifetonetechnology.com/take-the-dare/dare-stories.html>) to tell us how your Dare went. After we've verified your information we'll publish your results on our Deep Sleep Dare Results page and **we'll send you our exclusive I DID THE DARE flashlight!** Check back to see how the Dare went for other families.

You Can Participate in Life-Saving Research

Lifetone is also sponsoring an "alarm waking study" that is similar to the Dare, but follows more formal scientific procedures. It was developed by experts in alarm waking effectiveness research. If you would like to participate in this study and report your results, then all you have to do is let us know and **we'll send you complete instructions**. When you've completed your test and [reported your results](#) (subject to verification) we'll make sure you receive a copy of the final research paper when it is completed, and you'll also receive a free **"I DID THE DARE" flashlight!**
