

# INSTRUCTIONS FOR CUTTING HAIR

Why do we need your hair sample?

We will measure hair cortisol levels which is a measure of stress levels over time. 1cm contains 1 month of stress hormone, cortisol.

IT IS VERY IMPORTANT TO CUT AS CLOSE TO THE SCALP AS POSSIBLE BUT WE DO NOT NEED THE ROOT AND CHOOSE A PART IN THE MIDDLE AT THE BACK OF THE HEAD. It won't leave a bald spot.

## Equipment:

Scissors

Comb

Hair band or rubber band

Foil

Envelope



If your hair is very short (less than 3cm) then you won't be able to donate a sample or if your hair is bleached or permed then choose a non-dyed or non-permed portion of hair at the centre and back of the head *or* mark on the envelope if you can't avoid perm/dyed hair. Please click the link below to watch a 3 minute youtube video on how to donate a hair sample.

## INSTRUCTIONS:

1. Choose a trusted friend or family member in your home.
2. They will choose a few hairs (about **half a pencil width**) from the middle, back and centre of the head. About 0.5cm wide.
3. Do NOT pull out by the roots but please do cut as close to the scalp as possible.
4. **Please include the whole hair length and tape the cut end to a piece of paper or cardboard and label as cut end.**
5. Place the strip with the stuck on hair into a piece of foil. Wrap and put into an envelope and label the envelope with your **name and date** and place into a drawer or cupboard for safe-keeping.
6. it is important to wrap the hair in foil and place in a dark place (drawer) as sunlight can affect your hair cortisol levels.