

**A Narrative Study of Working College Students' Communication
Behavior in the Classroom due to Sleep Deprivation**

Objective 1: To analyze how sleep deprivation affects the communication behavior of working college students.

Q1	<p>Considering your school workload and job commitments, can you tell us your typical sleep schedule?</p> <p><i>In relation sa mga school workloads mo at responsibilities sa work, pwede mo bang i-share sa amin yung usual sleep schedule mo?</i></p>
Q2	<p>How often do you find yourself feeling sleep-deprived?</p> <p><i>Gaano ka kadalas makaranas ng kakulangan sa tulog?</i></p>
Q3	<p>Any changes that you can tell us that you notice in your communication behavior when you experience sleep deprivation?</p> <p><i>Ano yung mga pagbabagong napapansin mo sa communication behavior mo kapag kulang ka sa tulog?</i></p>
Q4	<p>What specific challenges do you face in communicating with your classmates and instructors when you are sleep-deprived?</p> <p><i>Ano-ano yung mga challenges na kinakaharap mo tuwing makikipag-usap ka sa mga kaklase at prof mo especially when you are sleep-deprived?</i></p>

Objective 2: To find out the factors which lead to specific communication behaviors that have been deeply affected by sleep deprivation among working college students.

Q5	<p>How do you think your communication behaviors differ when you are well-rested versus when you are sleep-deprived?</p> <p><i>Ano sa tingin mo yung pagkakaiba sa communication behavior mo kung sapat yung tulog mo sa pagiging sleep-deprived mo?</i></p>
Q6	<p>Any example that you can share with us where sleep deprivation directly affected your ability to communicate effectively with others inside the classroom?</p> <p><i>Any example na pwede mong i-share kung saan yung pagiging sleep-deprived mo ay direktang nakaapekto sa pakikipag-communicate mo ng maayos sa iba sa loob ng classroom?</i></p>
Q7	<p>In what ways do you think sleep deprivation affects your engagement in group discussion and collaborative activities?</p> <p><i>Sa tingin mo, sa anong paraan nakakakaapekto yung sleep deprivation tuwing nag-eengage ka sa mga group discussion saka collaborative activities?</i></p>
Follow up	<p>What factors contribute to these effects? (Are you responsive? Active?)</p>

	<i>Ano-ano yung mga factors na sa tingin mo nakakaapekto dito?</i>
--	--

Objective 3: To analyze if there is a relationship between sleep deprivation factors and observed changes in communication behavior among working college students.

Q8	<p>What do you think is the relationship between sleep deprivation factors and observed changes in your communication behavior?</p> <p><i>Ano sa tingin mo yung relationship ng factors na na-mention mo kanina due to sleep deprivation, sa naobserve mong changes sa communication behavior mo?</i></p>
Q9	<p>From your experiences, can you state any long-term consequences of sleep deprivation on communication behavior among working college students?</p> <p><i>Mula sa mga experiences mo, ano sa tingin mo yung mga long-term consequences ng sleep deprivation sa communication behavior ng mga working college students?</i></p>

Additional questions

	<p>How do you prioritize your sleep in relation to your academic and work responsibilities?</p> <p><i>Paano mo pina-prioritize yung tulog mo habang nagdi-deal ka sa academic and work responsibilities mo?</i></p>
	<p>Have you noticed any differences in your non-verbal communication cues, such as body language or facial expressions, when you're sleep-deprived compared to when you're well-rested? If so, can you give us examples?</p> <p><i>May mga napansin ka bang pagbabago sa non-verbal communication mo like yung body language saka facial expressions kapag sleep-</i></p>

	<p><i>deprived ka compare sa kapag enough tulog mo? If meron, pwede ka bang magbigay ng scenario/s?</i></p>
	<p>How do you believe your communication challenges are unique to other working students? (like being a working college student while the others are in other year level)</p> <p><i>Sa tingin mo, yung communication challenges na nararanasan mo ay kakaiba or unique sa ibang working students?</i></p>
	<p>Have you ever found it difficult to express yourself clearly during classroom presentations due to sleep deprivation? If so, can you provide examples?</p> <p><i>Naranasan mo na bang mahirapan i-express ang sarili mo during classroom presentations dahil sa sleep-deprivation? If oo, pwede ka bang magbigay ng example/s?</i></p>
	<p>Have you ever experienced memory lapses or difficulty recalling information during class discussions due to lack of sleep?</p> <p><i>Naranasan mo na bang maging malilimutin o nahirapan ka magrecall ng mga info na nasasagap mo during class discussion due to lack of sleep?</i></p>
	<p>From your perspective, how does your communication behavior as a working college student differ from your non-working college classmates inside the classroom?</p>

	<p><i>Sa palagay mo, anong pinagkaiba ng communication behavior mo as a working college student sa mga non-working college student na kasama mo rin sa classroom?</i></p>
--	---