**1.Research Project Title:**

Sleep diary

2. **Invitation**

You are being invited to take part in a research project. Before you decide whether or not to participate, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part. Thank you for reading this.

*3.* **What is the project’s purpose?**

The aim of the project was to obtain people's views on how to improve their sleep, as well as their sleeping conditions and habits, by means of a questionnaire. There are also features that they find useful in the app and their views on some of the features. The aim of the app is to improve people's sleep quality and to record it. Through meditation, medication reminders, browsing tips on improving sleep quality, and alarm clocks, sleep reminders. All these features will be mentioned in the questionnaire.

**4.Why have I been chosen?**

You have been selected because you are a university student who has experienced insomnia, or you are a poor sleeper, or you would like to share your experiences and opinions through the questionnaire.

5. **Do I have to take part?**

It is up to you whether to take the survey or not, if you feel like taking the survey you will be given an information sheet and a consent form. you have the right to withdraw from the survey at any time and do not need to give a reason.

6. **What will happen to me if I take part? What do I have to do?**

You will take a Google questionnaire, 7-8 single and multiple choice questions, taking 5-6 minutes.

Questions may relate to the length of sleep, waking times and ways to improve the quality of your sleep.

You will need to answer the questions carefully and based on the reality of your situation.

7. **What are the possible disadvantages and risks of taking part?**

There is not any risk relate to this proejct

**8.What are the possible benefits of taking part?**

So far participation in the questionnaire has not provided any benefits to the participants. It is hoped that the features designed from the questionnaire will be of benefit to participants。

9. **Will my taking part in this project be kept confidential?**

All the information that we collect about you during the course of the research will be kept strictly confidential and will only be accessible to members of the research team. You will not be able to be identified in any reports or publications unless you have given your explicit consent for this. If you agree to us sharing the information you provide with other researchers (e.g. by making it available in a data archive) then your personal details will not be included unless you explicitly request this

**10.What is the legal basis for processing my personal data?**

According to data protection legislation, we are required to inform you that the legal basis we are applying in order to process your personal data is that ‘processing is necessary for the performance of a task carried out in the public interest’ (Article 6(1)(e)). Further information can be found in the University’s Privacy Notice <https://www.sheffield.ac.uk/govern/data-protection/privacy/general>.’

As we will be collecting some data that is defined in the legislation as more sensitive (information about sleeping habit), we also need to let you know that we are applying the following condition in law: that the use of your data is necessary ‘for archiving purposes in the public interest, scientific research purposes or statistical purposes

1. **What will happen to the data collected, and the results of the research project?**

Due to the nature of this research it is very likely that other researchers may find the data collected to be useful in answering future research questions. We will ask for your explicit consent for your data to be shared in this way.

12. **Who is organising and funding the research?**

This project was set up by the Sheffield University, Computer Science department and is a dissertation for third-year students.

The person in charge of the project: Chaojun Guo (CGuo16@sheffield.ac.uk)

Supervisor: Chenghua Lin([C.Lin@sheffield.ac.uk](mailto:C.Lin@sheffield.ac.uk))

No support by any external organization

13. **Who is the Data Controller?**

The University of Sheffield will act as the Data Controller for this study. This means that the University is responsible for looking after your information and using it properly.

14. **Who has ethically reviewed the project?**

Once an online application has been submitted at [ethics.ris.shef.ac.uk](https://www.google.com/url?q=https%3A%2F%2Fethics.ris.shef.ac.uk%2F&sa=D&sntz=1&usg=AOvVaw3f6VUbKcy2C0y2qBW3FM8n), the Ethics Administrator will determine who needs to review the application.

* Three ethics reviewers are required to review a staff-led, or a PGR application.
* Two ethics reviewers are required to review a potentially 'high risk' PGT or UG student application. (One of the ethics reviewers may be the student's supervisor).
* One ethics reviewer is required to review 'low risk' research applications from PGT or UG students. This ethics reviewer may be the student's supervisor.
* A group of at least three ethics reviewers must review generic research ethics applications.

15**.What if something goes wrong and I wish to complain about the research or report a concern or incident?**

It you are dissatisfied with any aspect of the research and wish to make a complaint, please contact Chaojun Guo(cguo16@sheffield.ac.uk) in the first instance.

If you feel your complaint has not been handled in a satisfactory way you can contact the Head of the Department of Computer science Professor Guy Brown(g.j.brown@sheeld.ac.uk ).

If the complaint relates to how your personal data has been handled, you can find information about how to raise a complaint in the University’s Privacy Notice: https://www.sheffield.ac.uk/govern/data-protection/privacy/general.

16. **Contact for further information**

The person who is charged of the project: Chaojun Guo (CGuo16@sheffield.ac.uk)

Supervisor: Chenghua Lin([C.Lin@sheffield.ac.uk](mailto:C.Lin@sheffield.ac.uk))

The head of computer science: Professor Guy Brown(g.j.brown@sheeld.ac.uk ).

Thank you for taking part in this questionnaires