Participant Information Sheet

School of Electrical Engineering and Computer Science

Team ZZzZZ

Derek Joel George

Danish Rafid Rajendra

Li-Chih Tseng

Yutian Zheng

Xinyi Xu

COURSE

<DECO3500 > Design Thinking

COURSE STAFF

Coordinator: Dr Ben Matthews

matthews@uq.edu.au

PROJECT DESCRIPTION

This project involves us developing a potential solution for helping University students in improving their sleep hygiene.

YOUR PARTICIPATION

You would be required to participate in a diary study from which I would use data filled in by you.

DATA WE ARE COLLECTING

Data that we are collecting revolves around university students and their sleep.

CONFIDENTIALITY

All information collected from you will be de-identified and/or allocated a code. Personal information that is obtained will be strictly confidential.

De-identified and/or coded information will be reported to staff and students of the course DEC0 3500/ – Social and Mobile Computing, in which the student researchers are enrolled.

Evidence of your agreement to participate will be provided to the staff of the course for record-keeping but will not be associated with the information you provide.

RISKS TO YOU

There are no risks to you participating in this project beyond those that exist in normal daily life.

PARTICIPATION IS VOLUNTARY

There are no direct benefits to you in participating in this project.

Your participation is entirely voluntary. You don't have to be in this study if you don't want to, and you can ask to stop at any time. There are no negative consequences should you wish to stop; data collection will cease immediately, and any data collected from you or about you will not be included in the study.

ETHICAL CONDUCT OF THE RESEARCH

This research project is being conducted as a learning activity of The University of Queensland. If you would like to speak to the course teaching staff about any aspect of this project, you may contact them with the details provided.

Participant Informed Consent Form

Your written informed consent to participate in this study is needed by the researchers. Please read the following statements, and sign if you agree with them:

- The nature of this project has been explained to me and I have read and understood the Participant Information Sheet provided.
- I agree to participate in the study as described in the Participant Information Sheet.
- I understand that my participation in this study is voluntary and that I am free to withdraw from the study at any time, without penalty and without needing to provide any reason.
- I understand that data from my diary entries will be used and that I might be quoted in the assignment.
- I have been informed that I can contact the student researcher or a teaching member of staff if I would like more information on this study.
- I understand that there are no direct benefits to me in participating in this study.

Please indicate your preference below:

☑ I agree to allow Team ZZzZZ to collect and use data from my sleep diary entries for the purpose of their assignment.

Participant's Full Name: Laura Bejarano.

Participant's Signature: Laura Bejarano Date: 30, Agust, 2024

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To be Filled at Night

1. **What time is it right now?**

   10:47pm

2. **How was your Day?**

   Unproductive my only class of the day was cancelled.

3. **What is the last thing that you did before deciding to sleep tonight?**

   Organize my schedule for tomorrow.

4. **Did you have any naps today?**

   No.

5. **Will you go to sleep right now or after some time? In case of the latter, what do you plan to do until you fall asleep?**

   I'll go to sleep in 10 minutes in the meantime I'll get ready for it.

To be Filled at Day

1. **When did you wake up today?**

   10:00 am

2. **Did you sleep well? What makes you say yes/no?**

   Yes. My room was dark, and there was no noise, which helped me sleep comfortably

3. **What is the first thing that you did after waking up?**

   Shower

4. **What are your expectations for today?** (Any specific events/deadlines/exams?)

   Today is the 31st of August, which means the Riverfire event is taking place. I'll be going there to enjoy it. After the event is done, I'll head into the city to grab a bite. Then, I'll go back to my place to sleep.

5. **Did you wake up today using an alarm / wake up call, by yourself or some other way?**

   By myself.

To be Filled at Night

6. **What time is it right now?**

12:30 am

7. **How was your Day?**

My day was nice, I went to see the fireworks in the city.

8. **What is the last thing that you did before deciding to sleep tonight?**

Wash my face, brush my teeth and organize my room

9. **Did you have any naps today?**

No

10. **Will you go to sleep right now or after some time? In case of the latter, what do you plan to do until you fall asleep?**

Right Now.

To be Filled at Day

6. When did you wake up today?

9:30 am

7. Did you sleep well? What makes you say yes/no?

Yes. My room was dark, and there was no noise, which helped me sleep comfortably.

8. What is the first thing that you did after waking up?

Shower.

9. What are your expectations for today? (Any specific events/deadlines/exams?)

Revised material for next week classes.

10. Did you wake up today using an alarm / wake up call, by yourself or some other way?

By myself

To be Filled at Night

11.   What time is it right now?

11:10pm

12.   How was your Day?

It was a neutral day.

13. What is the last thing that you did before deciding to sleep tonight?

Study.

14.   Did you have any naps today?

No.

15.   Will you go to sleep right now or after some time? In case of the latter, what do you plan to do until you fall asleep?

After some time, I plan to organize my bag for tomorrow's classes and brush my teeth.

To be Filled at Day

11. **When did you wake up today?**

6:30am

12. **Did you sleep well? What makes you say yes/no?**

Yes. My room was dark, and there was no noise, which helped me sleep comfortably

13. **What is the first thing that you did after waking up?**

Shower.

14. **What are your expectations for today?** (Any specific events/deadlines/exams?)

Attend all classes of the day.

15. **Did you wake up today using an alarm / wake up call, by yourself or some other way?**

Alarm

To be Filled at Night

16. **What time is it right now?**

10:50pm

17. **How was your Day?**

Productive.

18. What is the last thing that you did before deciding to sleep tonight?

Wash my face and brush my teeth

19. **Did you have any naps today?**

No

20. **Will you go to sleep right now or after some time? In case of the latter, what do you plan to do until you fall asleep?**

Right now.

To be Filled at Day

16.   When did you wake up today?

7:00 am

17.   Did you sleep well? What makes you say yes/no?

Yes. My room was dark, and there was no noise, which helped me sleep comfortably.

18.   What is the first thing that you did after waking up?

Shower.

19.   What are your expectations for today? (Any specific events/deadlines/exams?)

I don't have any exams, but I'm studying for future assessments to stay productive.

20.   Did you wake up today using an alarm / wake up call, by yourself or some other way?

Alarm.

To be Filled at Night

21. **What time is it right now?**

10:35 pm

22. **How was your Day?**

Productive.

23. What is the last thing that you did before deciding to sleep tonight?

Brush my teeth and wash my face.

24. **Did you have any naps today?**

No

25. **Will you go to sleep right now or after some time? In case of the latter, what do you plan to do until you fall asleep?**

Right now

To be Filled at Day

21.   When did you wake up today?

6:30 am

22.   Did you sleep well? What makes you say yes/no?

Yes. My room was dark, and there was no noise, which helped me sleep comfortably.

23.   What is the first thing that you did after waking up?

Shower.

24.   What are your expectations for today? (Any specific events/deadlines/exams?)

I don't have any exams, but I'm preparing for upcoming assignments and future exams.

25.   Did you wake up today using an alarm / wake up call, by yourself or some other way?

Alarm

To be Filled at Night

26. **What time is it right now?**

10:50 pm

27. **How was your Day?**

Productive, I study.

28. What is the last thing that you did before deciding to sleep tonight?

Brush my teeth, Wash my face.

29. **Did you have any naps today?**

No.

30. **Will you go to sleep right now or after some time? In case of the latter, what do you plan to do until you fall asleep?**

Right Now.

To be Filled at Day

26. **When did you wake up today?**

6:30 am

27. **Did you sleep well? What makes you say yes/no?**

Yes. My room was dark, and there was no noise, which helped me sleep comfortably

28. **What is the first thing that you did after waking up?**

Shower.

29. **What are your expectations for today?** (Any specific events/deadlines/exams?)

I want to work on assignments and if I have time left study for future exams.

30. **Did you wake up today using an alarm / wake up call, by yourself or some other way?**

Alarm.

To be Filled at Night

31. **What time is it right now?**

10:45 PM

32. **How was your Day?**

Productive I work on assignments and study for future exams.

33. **What is the last thing that you did before deciding to sleep tonight?**

I was studying.

34. **Did you have any naps today?**

No

35. **Will you go to sleep right now or after some time? In case of the latter, what do you plan to do until you fall asleep?**

After some time, I plan to get my things ready for tomorrow and organize my room.

To be Filled at Day

31.   When did you wake up today?

10:55 am

32.   Did you sleep well? What makes you say yes/no?

Yes. My room was dark, and there was no noise, which helped me sleep comfortably

33.   What is the first thing that you did after waking up?

Shower.

34.   What are your expectations for today? (Any specific events/deadlines/exams?)

Today I'm going to rest for most of the day, and later I'll study.

35.   Did you wake up today using an alarm / wake up call, by yourself or some other way?

Myself