

Participant Information Sheet

School of Electrical Engineering
and Computer Science

PROJECT DESCRIPTION

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

Team ZZzZZ

Derek Joel George

Danish Rafid Rajendra

Li-Chih Tseng

Yutian Zheng

Xinyi Xu

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.

COURSE

<DEC03500 > Design Thinking

COURSE STAFF

Coordinator: Dr Ben Matthews

matthews@uq.edu.au

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.

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COURSE

<DECO3500> Design Thinking

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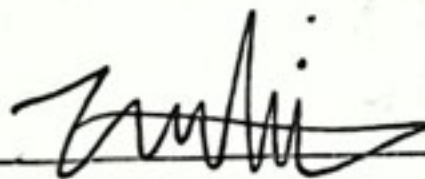
Please indicate your preference below:

- ☐ 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:

Azzuhri Nauli Pasaribu

Participant's Signature:



Date: 31/08/2024

To be Filled at Night

1. What time is it right now?

10 pm

2. How was your Day?

Neutral, Started a react project

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

Watch youtube

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?

later, watch youtube

To be Filled at Day

1. When did you wake up today?

around 8am

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

I did, feeling pretty rested

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

check discord

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

do final changes on group assignment

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

I woke up by myself

To be Filled at Night

1. What time is it right now?

12:17

2. How was your Day?

Good, Submitted the assignment and
Not too busy right now.

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

Watch Youtube

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?

Right now

To be Filled at Day

1. When did you wake up today?

6 Am

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

I feel rested, yes

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

Open Youtube

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

I have a full day of classes

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

on my own

To be Filled at Night

1. What time is it right now?

12 30

2. How was your Day?

Pretty good

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

Watch youtube

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?

Now

To be Filled at Day

1. When did you wake up today?

around 7:30

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

yes, I feel rested

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

check youtube

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

do assignments

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

on my own

To be Filled at Night

1. What time is it right now?

11:55

2. How was your Day?

good

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

watch youtube

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?

going to sleep now

To be Filled at Day

1. When did you wake up today?

6:30

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

Yes, I feel rested

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

Watch youtube

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

go to classes

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

On my own

To be Filled at Night

1. What time is it right now?

10 PM

2. How was your Day?

about average

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

Watch Youtube

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?

later at 12 AM, Watch Youtube

To be Filled at Day

1. When did you wake up today?

around 8 am

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

Yes, I feel Pretty rested

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

Open youtube

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

Not much, probably start working on assignments

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

I woke up by myself

To be Filled at Day

1. When did you wake up today?

8:20 Am

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

Yes, I'm feeling rested

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

Open Youtube

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

No plans

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

on my own

To be Filled at Night

1. What time is it right now?

12:30

2. How was your Day?

Pretty good

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

watch youtube

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?

Now