

## 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.

#### COURSE

<DECO3500 > Design Thinking

### CONFIDENTIALITY

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

#### COURSE STAFF

Coordinator: Dr Ben Matthews

[matthews@uq.edu.au](mailto:matthews@uq.edu.au)

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.

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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:

Shawn Lee

Participant's Signature:



Date: 01.09

## To be Filled at Night

1. What time is it right now?

11.45pm

2. How was your Day?

Pretty good.

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

I'm gonna watch the Liverpool United game.

4. Did you have any naps today?

Nope

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

After the game.

## To be Filled at Day

1. When did you wake up today?

9.30 am

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

I think so. I felt refreshed after I woke up.

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

Check my phone.

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

Attend class.

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

I set an alarm.

## To be Filled at Night

6. What time is it right now?

11 pm

7. How was your Day?

It was okay

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

~~The last thing~~

I had dinner.

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?

Watch YouTube and check social media and then fall asleep.

## To be Filled at Day

6. When did you wake up today?

8am

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

No since I slept late.

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

Checked my phone

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

Prepare for my lab exam.

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

Had an alarm.

## To be Filled at Night

11. What time is it right now?

10.30pm

12. How was your Day?

It was good. My lab exam prep went well.

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

Watched a movie.

14. Did you have any naps today?

Yes, after I came back from uni.

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?

Watch YouTube and check social media and then fall asleep.

## To be Filled at Day

11. When did you wake up today?

12 noon

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

Yes

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

Checked my phone

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

Nothing much. Prepare for my lab exam .

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

No alarm today sine I have no class.



## To be Filled at Night

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

10pm I had a long day.

**17. How was your Day?**

i had a long day today, I had to work on my assignments that are coming up this week.

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

The last thing that I will do before sleeping tonight will be to check what I have todo tomorrow and check snapchat/youtube.

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

No

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

Watch YouTube and check social media and then fall asleep.

## To be Filled at Day

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

9am

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

Yes, I woke up before my alarm.

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

Had a shower.

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

Nothing much. Going to watch a film at the theater today.

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

I woke up before my alarm.

## To be Filled at Night

21. What time is it right now?

1am

22. How was your Day?

I had a long day. Went to watch a film and came back home late.

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

I had dinner.

24. Did you have any naps today?

Yes, after class.

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?

Watch YouTube and check social media and then fall asleep.

## To be Filled at Day

21. When did you wake up today?

11am

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

Yes, I had no class today.

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

Check my messages.

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

Prepare for my exam tomorrow

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

I woke up myself.

## To be Filled at Night

26. What time is it right now?

1 am

27. How was your Day?

It was okay. Not the greatest.

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

Will not be sleeping tonight since I have an exam tomorrow.

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

I had a nap in the evening.

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?

Watch YouTube and check social media and then fall asleep.

07-09

## To be Filled at Day

26. When did you wake up today?

I stayed awake to study.

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

I did not sleep since I was tensed about my exam tomorrow.

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

N/A

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

Have an exam today.

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

N/A



## To be Filled at Night

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

11.30pm

**32. How was your Day?**

I had to prepare for an exam that was at 5.30pm today. It went decent so I decided to order dinner.

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

I had a heavy dinner and watched a sitcom.

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

After my exam, I came back and had a nap.

**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?**

Watch YouTube and check social media and then fall asleep.



08-09

## To be Filled at Day

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

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

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

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

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

## To be Filled at Night

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

10pm I had a long day.

**37. How was your Day?**

i had a long day today, I had to work on my assignments that are coming up this week.

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

The last thing that I will do before sleeping tonight will be to check what I have todo tomorrow and check snapchat/youtube.

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

since today is a Saturday, I took the opportunity to catch up on some sleep and took a nap for 3 hours

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

Watch YouTube and check social media and then fall asleep.