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

**Participant Information Sheet**

**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 writteninformed consent to participate in this study is needed by the researchers. Please read the following statements, and signif 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.

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

* 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: Yue Yang



Participant’s Signature: Date: 29 Aug

# **To be Filled at Night**

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

3:32 AM

1. **How was your Day?**

It's been a busy day today as I had to work with the speaker to put together a speech for tomorrow's presentation, but there is so much content needed that the word count can't be cut.

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

Organising the script for a speech

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

No

1. **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?**

Now

# **To be Filled at Day**

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

7AM

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

Didn't sleep very well because I had to get up early today.

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

Brush my teeth and go to university.

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

Finish my classes for the day.

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

It took me at least three alarms to wake up.

# **To be Filled at Night 2**

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

22:46

1. **How was your Day?**

Tired but mentally relaxed.

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

Listened to my roommate tell the story.

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

I had a nap for half an hour

1. **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?**

Right now

# **To be Filled at Day 2**

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

7 AM

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

Slept ok while falling asleep, just for a short period of time, so a bit sleepy

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

Wake up my roommate and go to college together

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

There's a presentation at 8 a.m. After the presentation, I'll go home and sleep, and then I will go camping.

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

I used the alarm.

# **To be Filled at Night 3**

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

1: 36

1. **How was your Day?**

A very full day of learning and hanging out.

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

Reply to my friends’ messages.

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

I had a 20-minute nap today.

1. **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?**

Right now

# **To be Filled at Day 3**

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

08: 26

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

I didn't sleep well last night because I woke up twice from the cold because my roommate took the blanket away from me, and the campsite was foggy and scary!

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

Check the time

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

Today I'm going to look around and touch some animals.

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

bI woke up naturally.

# **To be Filled at Night 4**

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

12: 58

1. **How was your Day?**

Very tiring day with assignments.

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

Reply to my friends’ messages.

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

No nap

1. **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?**

Right now

# **To be Filled at Day 4**

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

12:18

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

I slept well. I didn't dream.

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

Check the time.

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

Watch the recording.

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

bWoke up naturally.

# **To be Filled at Night 5**

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

1:11 am

1. **How was your Day?**

It's the day I want to go home and feel like I'm just studying in Australia.

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

Did my assignment.

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

Yes, for 2 hours.

1. **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 finishing the assignment.

# **To be Filled at Day 5**

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

9: 08

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

Kind of, I didn’t wake up during the sleep.

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

Still sleepy, so I will go back to sleep.

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

Finish one assignment.

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

My roommate woke me up.

# **To be Filled at Night 6**

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

1 am

1. **How was your Day?**

It was a fulfilling day.

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

Looking at my data from one assignment.

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

No

1. **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 replying to some messages.

# **To be Filled at Day 6**

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

10 am

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

It was okay, no dreams, just my neck is kind of hurt.

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

Watched some videos

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

Just go to uni and attend the classes

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

Alarms.

# **To be Filled at Night 7**

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

1:24 am

1. **How was your Day?**

It was good, I finished one assignment.

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

Browse the social media.

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

Yes, for 30 min

1. **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?**

Right after on my phone.

# **To be Filled at Day 7**

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

10: 24 am

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

It was no bad, no dreams, but still sleepy.

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

On my phone

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

Be able to hand in the assignment.

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

I woke up naturally.