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.

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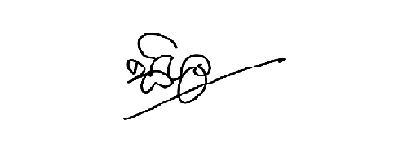
[matthews@uq.edu.au](mailto:matthews@uq.edu.au)

* 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: Sadisha Saparamadu



Participant’s Signature: Date: 1/9/2024

# **To be Filled at Night**

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

1.34 a.m.

1. **How was your Day?**

Pretty good, went to the gym and got some groceries. Studied in the afternoon for a bit and worked on an assingment.

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

Read a little bit of the book I'm reading now Tears of the Giraffe.

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

Nope.

1. **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?**

10.30 a.m.

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

Yep.

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

Scrolled on Instagram for a bit before brushing my teeth.

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

Deadline for an assignment this Tuesday, so hoping to finish the data extrapolation.

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

Myself.

# **To be Filled at Night**

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

2.00 a.m.

1. **How was your Day?**

Met up with friends and went to a music festival which took up most of the day.

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

Scrolled on youtube for a bit.

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

None.

1. **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?**

11 a.m.

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

Yep, didn't get up at any point in the night.

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

Brew some tea.

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

Finish the rest of the assignment for Tuesday.

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

By myself.

# **To be Filled at Night**

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

4.30 a.m.

1. **How was your Day?**

Mostly occupied by the assignment so not very good, spent most of the day inside typing.

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

Read a bit of my book.

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

**No.**

1. **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?**

1.30 p.m.

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

Not really, slept too late so felt groggy mostly.

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

Brush my teeth.

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

Catch up on sleep.

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

By myself.

# **To be Filled at Night**

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

12.30 a.m.

1. **How was your Day?**

Mostly slept and cleared out my fridge.

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

Scroll on Instagram a bit.

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

Yes, one.

1. **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?**

Will go to sleep right now.

# **To be Filled at Day**

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

9.30 a.m.

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

Was a little cold in the night, otherwise it was pretty good so Yes.

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

Make some cereal.

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

Go to class and my tutorial.

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

Alarm.

# **To be Filled at Night**

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

2.00 a.m.

1. **How was your Day?**

Pretty good, went to class and met some friends at a community center.

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

Listen to some of the songs in my spotify playlist.

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

**No.**

1. **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 a little bit, planning to listen to a few more songs.

# **To be Filled at Day**

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

10.00 a.m.

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

Yes, was a little cold still but managed to push through the cold.

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

Brush my teeth and go the gym.

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

Go to my lab and get results.

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

Alarm.

# **To be Filled at Night**

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

1.00 a.m.

1. **How was your Day?**

**Good, did what I needed to do in the day, had a good lunch.**

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

**Read some of my book.**

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

**No.**

1. **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?**

10.20 a.m.

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

**Yes, didn't wake up or anything.**

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

**Brushed my teeth and brewed tea.**

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

**Not much, don't have class so not planning on doing a lot.**

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

**By myself.**

# **To be Filled at Night**

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

12.30 a.m.

1. **How was your Day?**

**Pretty good, didn't have class today so went to the gym and the pool with some friends.**

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

**Watch some instragram reels.**

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

**Nope.**

1. **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?**

**In a bit, probably watch more instagram reels.**

# **To be Filled at Day**

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

11.00 a.m.

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

**Sort of, felt a little uncomfortable with the heat but not too bad.**

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

**Read some of my books.**

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

**Nothing much.**

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

**By myself.**