School of Electrical Engineering and Computer Science

**Team ZZzZZ**

Derek Joel George

Danish Rafid Rajendra

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**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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* 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: Luke Webster



Participant’s Signature: Date: 29 Aug

# **To be Filled at Night**

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

9:40PM

1. **How was your Day?**

Stressful and busy.

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

Practice my presentation for tomorrow.

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?**

I need to iron my shirt and then I will sleep.

# **To be Filled at Day**

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

8AM

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

Yes, I feel like I slept peacefully.

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

hBrush my teeth and starting working

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

jFinish preparing my presentation slides and meet with supervisor

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

bI woke up by myself but I had backup alarms.

# **To be Filled at Night 2**

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

12AM

1. **How was your Day?**

Very busy but satisfying.

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

Had a shower and watched a show.

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?**

Right now

# **To be Filled at Day 2**

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

6:30AM

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

I slept restlessly.

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

hBrush my teeth and got dressed and ready to leave

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

Give my presentation and pass my confirmation

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

Alarm.

# **To be Filled at Night 3()**

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

1AM

1. **How was your Day?**

Good to catch up with family

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

Watched videos on Youtube

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?**

Right now

# **To be Filled at Day 3**

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

11AM

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

No, I woke up many times throughout the night.

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

hBrush my teeth and watched videos

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

Buy Father’s day gift and go to the gold coast for the father’s day.

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

bI woke up by myself.

# **To be Filled at Night 4**

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

11:50PM

1. **How was your Day?**

Day was fine and normal

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

Argued with my girlfriend for 3 hours

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?**

Right now

# **To be Filled at Day 4**

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

11AM

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

No I woke up too many times.

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

Answered emails

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

Drive back home and go shopping

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

bI woke up by myself.

# **To be Filled at Night 5**

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

12:20AM

1. **How was your Day?**

Tiring

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

Worked on programming 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?**

Right now

# **To be Filled at Day 5**

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

8:30

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

No, my sleep was very restless

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

Got ready to go to uni

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

Attend many meetings and plan out the week.

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

Alarm

# **To be Filled at Night 6**

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

10:15PM

1. **How was your Day?**

It was fine, got to see some animals

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

Worked on programming assignment again

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?**

Right now

# **To be Filled at Day 6**

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

11AM

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

I woke up many times but overall well

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

Plan out where to travel next

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

Go look at animals and do laundry

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

Alarm

# **To be Filled at Night 7**

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

11:40PM

1. **How was your Day?**

Very busy, lots of work done today.

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

Had a shower

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?**

Right now

# **To be Filled at Day 7**

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

7:30AM

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

No, I woke up at 5 and found it hard to fall back asleep

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

Got ready to go to work

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

Lots of work to do with annoying coworker

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

Alarm