School of Electrical Engineering and Computer Science

**Team ZZzZZ**

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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:

Participant’s Signature: Date:

# **To be Filled at Night**

1. **What time is it right now?**
2. **How was your Day?**
3. **What is the last thing that you did before deciding to sleep tonight?**
4. **Did you have any naps today?**
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?**

# **To be Filled at Day**

1. **When did you wake up today?**
2. **Did you sleep well? What makes you say yes/no?**
3. **What is the first thing that you did after waking up?**
4. **What are your expectations for today? (Any specific events/deadlines/exams?)**
5. **Did you wake up today using an alarm / wake up call, by yourself or some other way ?**