Questionnaire

1. What is your gender?
   1. Male
   2. Female
   3. Prefer not to say
2. What is your age?
   1. 18-24
   2. 25-30
   3. 31-35
3. What is your line of study?
4. When did you start your line of study?
5. Are you on bachelor or master level?
6. How many years do you have left of your study?
7. What is your marital status?
   1. Married
   2. Divorced/separated
   3. In a relationship (living together)
   4. In a relationship (living apart)
   5. Single
   6. Other:

1. Residential status?
   1. Dorm room
   2. Rental apartment
   3. Cooperative apartment
   4. Collective
   5. Living at home

1. Number of cohabitants?
   1. Living alone
   2. Living with boy-/girlfriend
   3. Living with friends
      1. 1
      2. 2
      3. 3
      4. 4
      5. Other:
   4. Living with family
      1. Mom
      2. Dad
      3. Number of siblings still living at home
      4. Other:
2. How many hours do you study each week (average)?
   1. 10-15 hours
   2. 16-20 hours
   3. 21-25 hours
   4. 26-30 hours
   5. 31-35 hours
   6. 36-40 hours
   7. Other:
3. If you have a job next to your studies, how many hours do you work each week (average)?
   1. 0-5 hours
   2. 6-10 hours
   3. 11-15 hours
   4. 16-20 hours
   5. Other:

1. How many hours a week do you exercise (average)?
   1. 0-5 hours
   2. 6-10 hours
   3. Other:
2. How much do you prioritise your sleep? (I.e., how much you prioritise to sleep enough)
   1. 1 (not at all)
   2. 2
   3. 3
   4. 4
   5. 5 (very much)

1. How would you evaluate your sleep quality? (Do you wake up in the mornings feeling rested)
   1. 1 (very low)
   2. 2
   3. 3
   4. 4
   5. 5 (very high)

1. What do you think affects your sleep quality? (Quietness, darkness, sleeping next to someone, temperature, etc)

1. In which year have you started to use a mobile phone for the first time? (E.g., 1998)

1. Do you have a fixed-line phone (i.e. landline) at home?
   1. No
   2. Yes

1. What kind of mobile phone(s) do you use today?
   1. Classic (just voice and SMS)
   2. Smart (voice, SMS, web, email, applications, camera etc.)
2. Specify the model of smartphone you use today

1. Which firmware version does your smartphone run?

1. Which is the network provider you use?
   1. Telenor
   2. 3
   3. TDC
   4. Telia
   5. Other:

1. What is the billing method you use for your phone?
   1. Monthly billing (post-paid)
   2. Pre-paid (card)
   3. Other:

1. Do you have a data plan (i.e. internet option) for your phone?

1. When your primary phone is fully charged, its typical battery life (without subsequent charging) is:

1. On average, how frequently do you charge the battery of your phone?
   1. Once every 4 or more days
   2. Once every 3 days
   3. Once every 2 days
   4. Every day/night
   5. More often – multiple times per day/night
   6. Other:
2. When do you usually charge your phone?
   1. Night
   2. Day
   3. Other:

1. Where do you usually charge your phone?
   1. Car
   2. Work/school
   3. Home
   4. Other:

1. How many hours per a day do you estimate your phone is not in your close proximity, i.e., it is not in your pocket or at your arm distance?

1. In regards to question 28: Do you think that the proximity of your phone to you differs between a weekday and a weekend?
   1. No
   2. Yes, it differs (please specify how)

1. In regards to question 28: Do you think that the proximity of your phone to you differs between your home and school/office locations?
   1. No
   2. Yes, it differs (please specify how)

1. If you are moving inside your home, do you usually…
   1. Carry your phone around with you (e.g. in the pocket, bag)?
   2. Place your phone in a fixed place (please specify)

1. If you are outside your home, where do you usually carry your primary phone?

1. Do you use any connectivity accessories for your phone (at least once a week)?
   1. None
   2. Bluetooth headset
   3. Other:
2. Do you use the silent or vibrate-only mode on your phone on a regular basis?
   1. No
   2. Yes

1. On average, how frequently do you use WiFi/WLAN on your phone?
   1. Every day
   2. Once every 2 days
   3. Once every 3 days
   4. Once every 4 days
   5. Once every 5 days
   6. Once every 6 days
   7. Once every 7 days
   8. Less often
   9. Never
   10. Other:

1. What applications do you currently use on your phone, and with which frequency (average)? (Select all that apply)
   1. Q26 from Kate’s (paste in)
2. How much time on average do you spend on your primary phone for voice calls per day?
   1. Q27 from Kate’s (paste in)
3. Email:
4. Phone number:
5. IMEI number: