|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Period | Questions | Rarely | Sometimes | Often |
| P1 | Do I have difficulty falling asleep? |  |  | x |
| P1 | Do I wake up during the night? |  | x |  |
| P1 | Do I wake up feeling tired? |  |  | x |
| P1 | Do I feel the need to check my phone before I go to sleep? |  |  | x |
| P1 | Do I feel the need to check my phone when I wake up? |  |  | x |
| P1 | Do I feel disconnected when I don't check my phone at all? e.g. while at work? |  | x |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| P2 | Do I have difficulty falling asleep? |  | x |  |
| P2 | Do I wake up during the night? | x |  |  |
| P2 | Do I wake up feeling tired? |  | x |  |
| P2 | Do I feel the need to check my phone before I go to sleep? | x |  |  |
| P2 | Do I feel the need to check my phone when I wake up? |  | x |  |
| P2 | Do I feel disconnected when I don't check my phone at all? e.g. while at work? | x |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Total Scores

Periods:

P1: 3rd Oct - 13th Oct

P2: 14th Oct - 24th Oct