8 responses

Summary

Have you discovered new factors that affect your sleep?
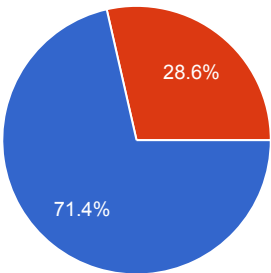
Yes	**5**	71.4%
No	**2**	28.6%

If so, what were they?
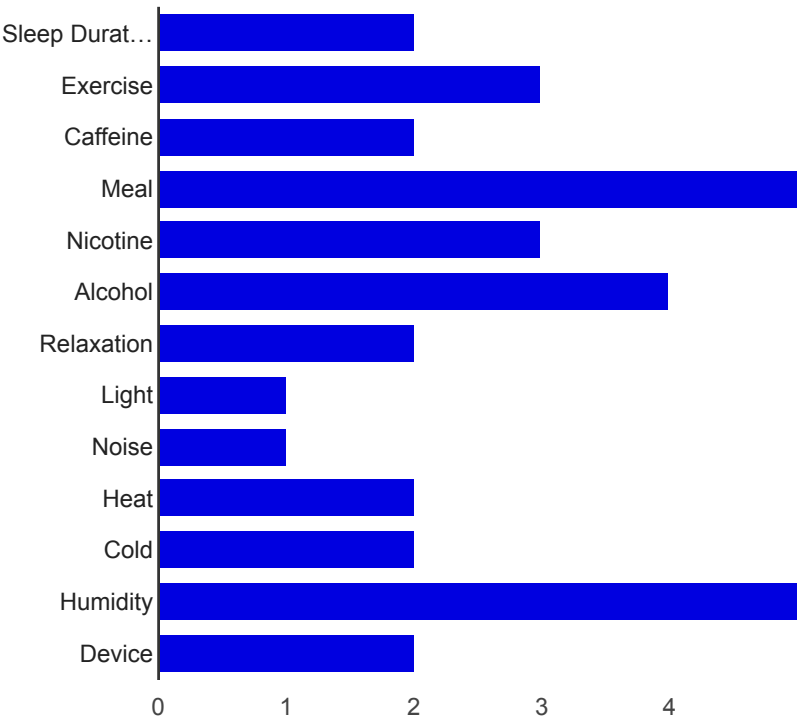
Sleep Duration	**2**	33.3%
Exercise	**3**	50%
Caffeine	**2**	33.3%
Meal	**5**	83.3%
Nicotine	**3**	50%
Alcohol	**4**	66.7%

Relaxation	2	33.3%
Light	1	16.7%
Noise	1	16.7%
Heat	2	33.3%
Cold	2	33.3%
Humidity	5	83.3%
Device	2	33.3%

Have the recommendations been relevant?
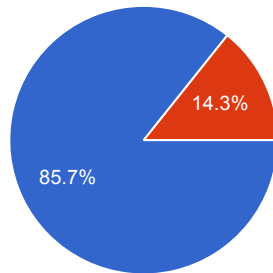
Yes	6	85.7%
No	1	14.3%

Are you sleeping better?
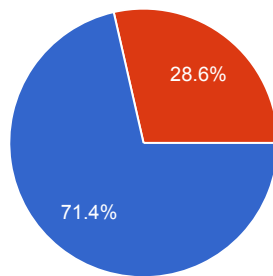
Yes	5	71.4%
No	2	28.6%

How many times have you taken sleeping pills this week?
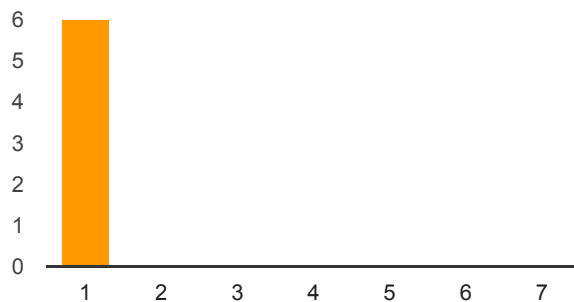
1	6	100%
2	0	0%
3	0	0%
4	0	0%
5	0	0%
6	0	0%
7	0	0%

How many days was your mood affected by sleep quality?

1	0	0%
2	1	14.3%
3	3	42.9%
4	1	14.3%
5	2	28.6%

6	**0**	0%
7	**0**	0%

eep?

1	**0**	0%
2	**2**	28.6%
3	**4**	57.1%
4	**1**	14.3%
5	**0**	0%
6	**0**	0%
7	**0**	0%
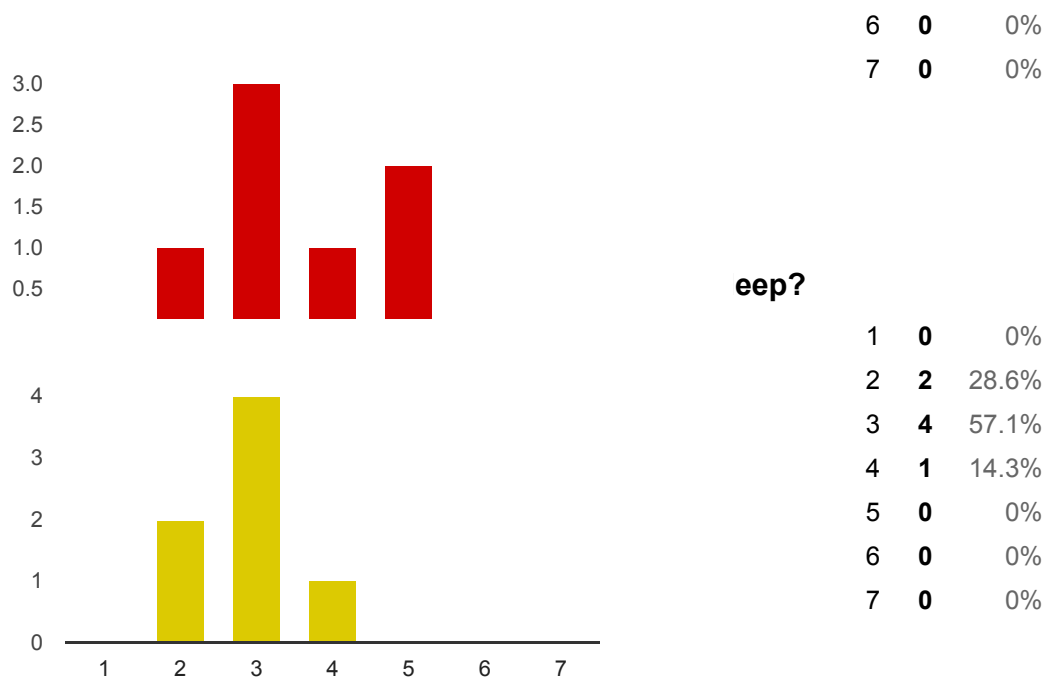
How many times did you wake up during the night (on average)?

1	**3**	60%
2	**2**	40%
3	**0**	0%
4	**0**	0%
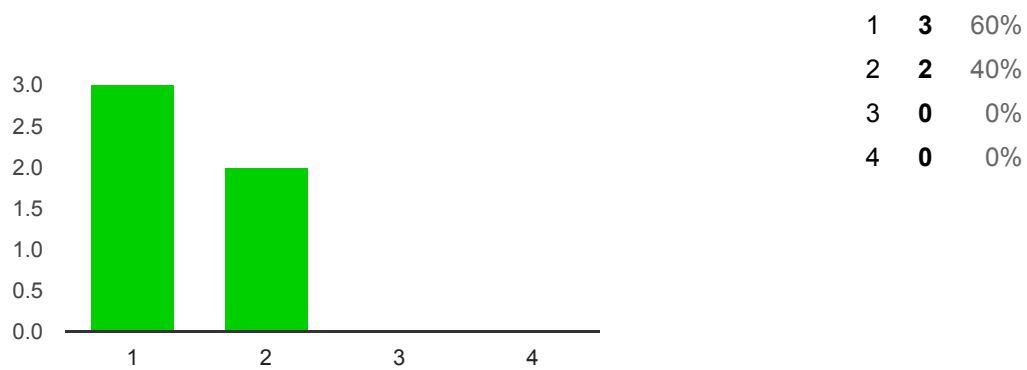
If it was difficult for you to go to sleep before, is it still difficult?

Yes	**3**	50%
No	**3**	50%

Would you be interested in continuing to use this app?

Yes	**5**	71.4%
No	**2**	28.6%
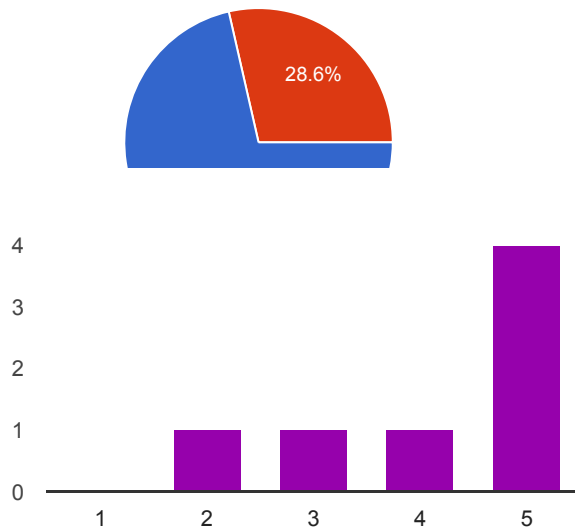
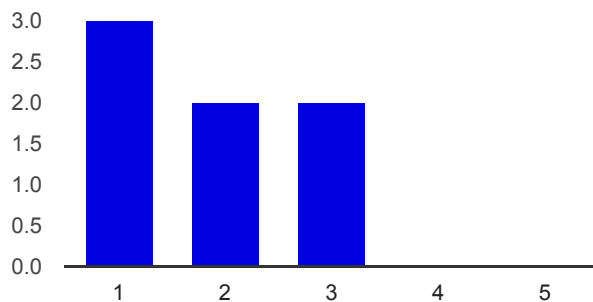|		
1	**0**	0%
2	**1**	14.3%
3	**1**	14.3%
4	**1**	14.3%
5	**4**	57.1%

What additional features would you want to see?

Running in background to free up phone / sensor could work without phone

Alarm, no extra sensor

More data on the sleep patterns besides humidity/light/temperature

How much did you interact with the sleep scheduler?

1	**3**	42.9%
2	**2**	28.6%
3	**2**	28.6%
4	**0**	0%
5	**0**	0%

Any additional comments about the UI?

No login would be nice

Generally good

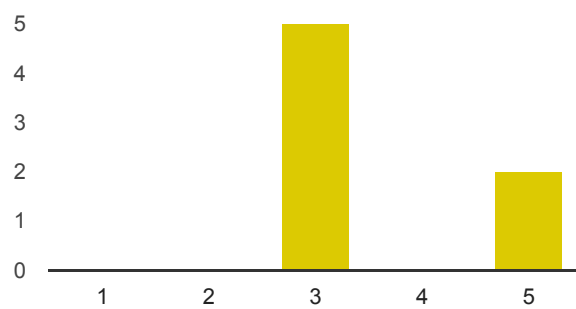Pretty!!

Are the graphs about last night's data useful?

1	**0**	0%
2	**0**	0%
3	**3**	42.9%
4	**4**	57.1%
5	**0**	0%
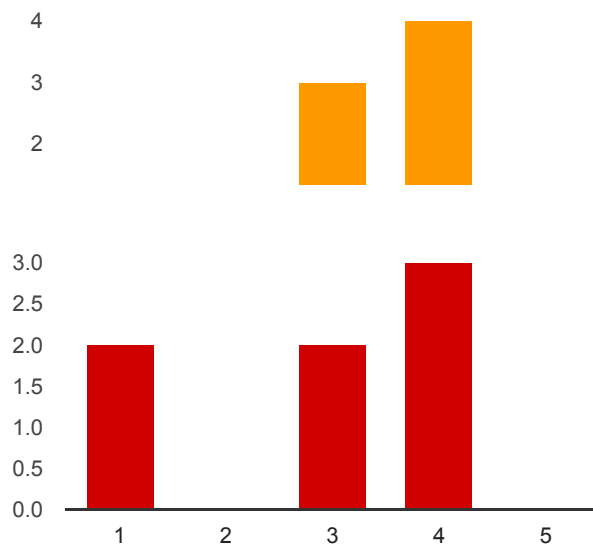
...rns?

1	**2**	28.6%
2	**0**	0%
3	**2**	28.6%
4	**3**	42.9%
5	**0**	0%

Do you find the advice and weight pie chart useful/helpful?

1	**0**	0%
2	**0**	0%
3	**5**	71.4%
4	**0**	0%
5	**2**	28.6%

Would you use an app to track your sleep in general?
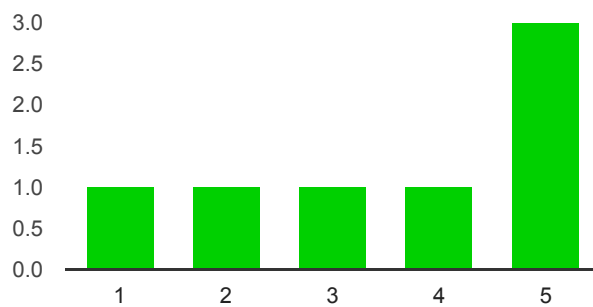
1	**1**	14.3%
2	**1**	14.3%
3	**1**	14.3%
4	**1**	14.3%
5	**3**	42.9%

Number of daily responses