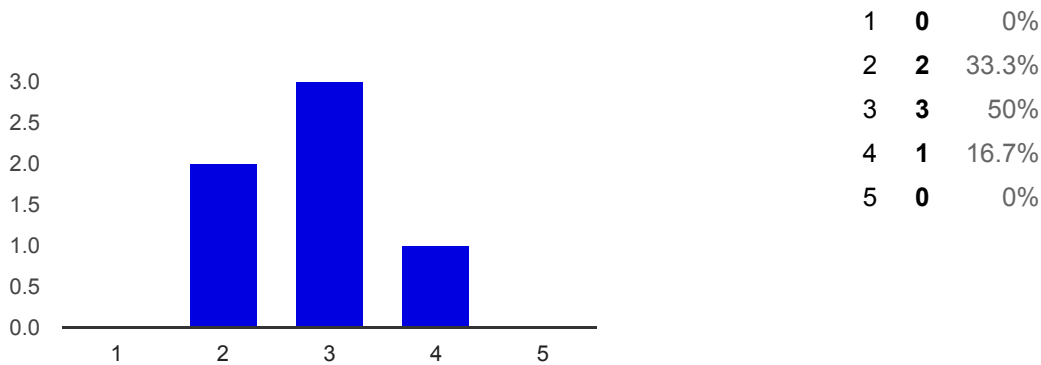


# 6 responses

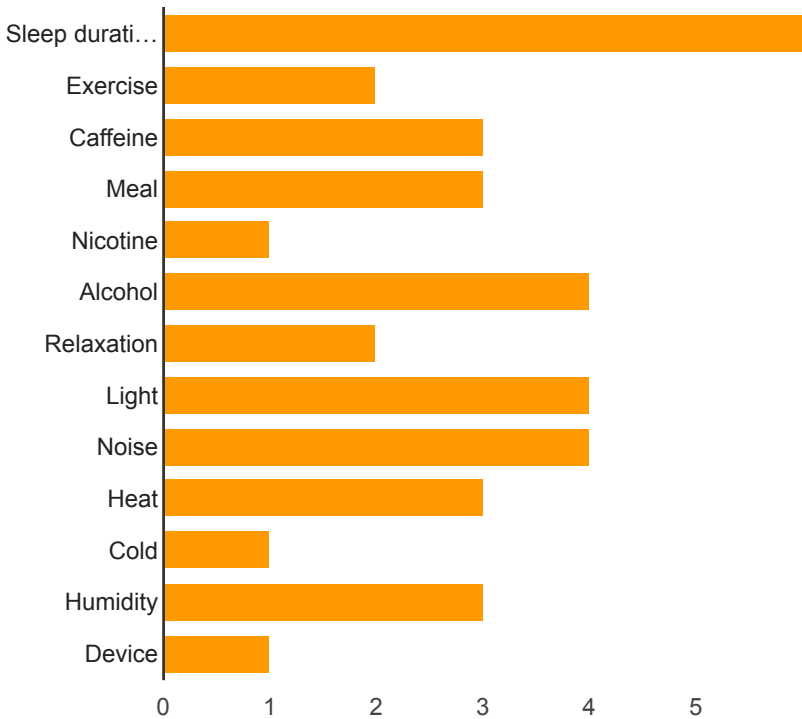
[View all responses](#)   [Publish analytics](#)

## Summary

How in control of your sleep quality do you feel?



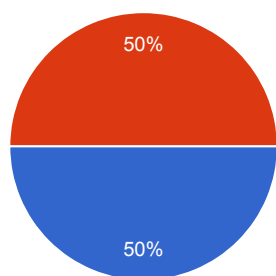
What main factors affect your sleep? (Click all that apply)



Sleep duration	6	100%
Exercise	2	33.3%
Caffeine	3	50%

Meal	3	50%
Nicotine	1	16.7%
Alcohol	4	66.7%
Relaxation	2	33.3%
Light	4	66.7%
Noise	4	66.7%
Heat	3	50%
Cold	1	16.7%
Humidity	3	50%
Device	1	16.7%

### Have you tried other sleep apps?



Yes	3	50%
No	3	50%

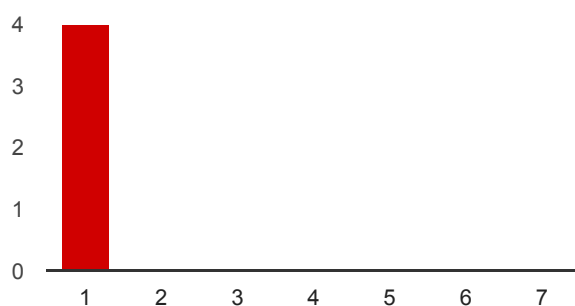
### If so, what do you think of them? What was good/bad?

Useful for a while, but then became irritating

Good idea but I don't trust them fully

It wasn't accurate enough in judging my sleep quality

### How many times have you used sleeping pills this week?

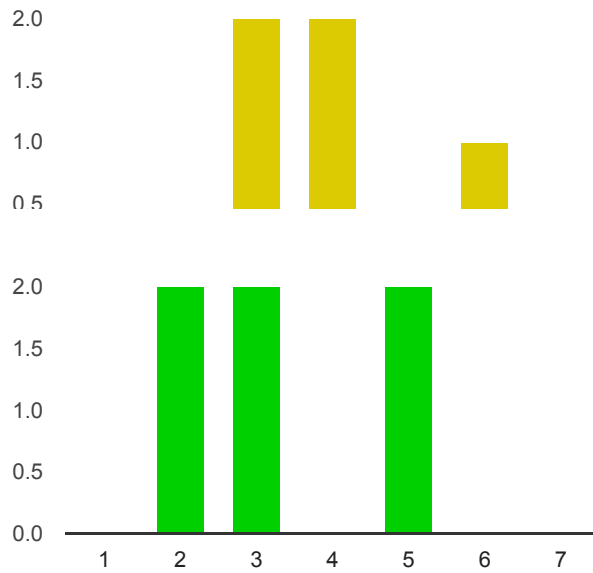


1	4	100%
2	0	0%
3	0	0%
4	0	0%
5	0	0%
6	0	0%
7	0	0%

### How many times was your mood affected by your sleep?

1	0	0%
2	0	0%
3	2	40%
4	2	40%
5	0	0%
6	1	20%

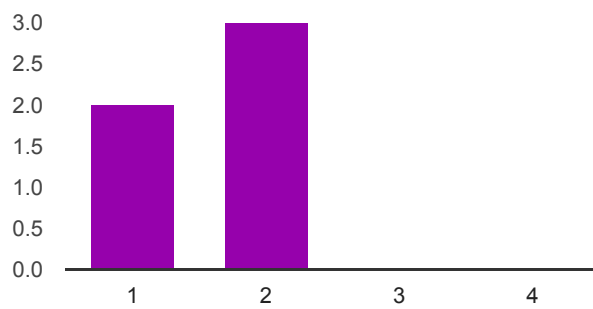
7 0 0%



right sleep?

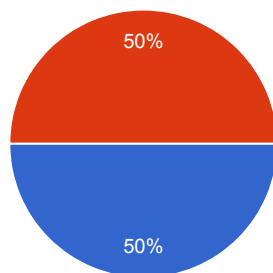
1	0	0%
2	2	33.3%
3	2	33.3%
4	0	0%
5	2	33.3%
6	0	0%
7	0	0%

How many times do you wake up during the night on average?



1	2	40%
2	3	60%
3	0	0%
4	0	0%

Is it difficult for you to go to sleep?



Yes	3	50%
No	3	50%

Number of daily responses

