# Questions for Cozie App

Below are the survey questions that we would like to be adapted to the Cozie platform *at least* on the Fitbit Versa for now, but potentially on an Apple Watch for later studies.

## Mood

There are five questions regarding the participants' moods outlined below.

### Content

- No
- Yes

### Stressed

- No
- Yes

### Lonely

- No
- Yes

### Sad

- No
- Yes

**Energy**

- Low
- Moderate
- High

# Sleep

The symbols/wording/units can be changed but the numerical cutoffs are important.

## Sleep Time

- < 7 hours
- 7-9 hours
- 9+ hours

## Time to Fall Asleep

- < 15 minutes
- 15-30 minutes
- 30+ minutes

## Restful Sleep

- No
- Yes