Sleep-Olfactory-Study

* Required

Q 1 – Participant ID*

Q 2 – What's date you fill out this survey?*

Mark only one oval.

- 1 Before sleep (the current prototype) at the Mackie Lab
- 2 Morning after sleep – the current prototype at home
- 3 Before sleep – Control prototype (at the Mackie Lab)
- 4 Morning after sleep – Control prototype (at home)

Q 3 – Group ID*

Mark only one oval.

- 101 Odor-primed prototype (on the first day)
- 102 Control prototype (on the first day)

Q 4 – Phone*

Mark only one oval.

- Samsung
- Motorola
- Pixel Phone
- Huawei
- HTC
- LG
- Other:

Q 5 – Gender*

Mark only one oval.

- Male
- Female
- Other:

Q 6 – What's your native language and what languages do you speak?

Q8 – During the past month, how would you rate your sleep quality overall?

Mark only one oval.

Very bad										Very good
	1	2	3	4	5	6	7	8	9	10

Q9 – During the past month, how disturbed was your sleep?

Mark only one oval.

Extremely										Undisturbed
	1	2	3	4	5	6	7	8	9	10

Pre-Sleep Questionnaire (Day 1 Morning)

Q10 – How aroused you felt when your sleep quality during?

Mark only one oval.

Very tired										Very good
	1	2	3	4	5	6	7	8	9	10

Q11 – How disturbed was your sleep during?

Mark only one oval.

Extremely										Undisturbed
	1	2	3	4	5	6	7	8	9	10

Q12 – If it was disturbed, how much?

Mark only one oval.

Very much										Very little
	1	2	3	4	5	6	7	8	9	10

Q13 – Rate how reasons why it was disturbed.

Mark only one oval.

- Physical
- Social stimulation
- Mindwandering
- Due to the sleep environment(noise, temperature)
- Unpleasant/Bad dreams/ nightmare

Q14 TIED AT HOME and at Lab, WHO WEARING the scent prototype

Q15 – The prototype was releasing a burst of scent every 3 minute when I woke up.

Q16 – The Aromas were frequency of the scent release was adequate

Q17 – If you sleepwalk, what questions/ideas would you recommend?

Q18 – Dream Bank in your own words how was your experience using the device tonight

Q19 – Other Feedback?

Pre-Sleep Questionnaire (Day 1 Morning)

Before we make sounds and its Spanish translation as you remember (all lower case). Try to write something, even if you do not remember (Have aren't magpie) (only)

Q20 – I regret that I have not searched the translation of the words online (before / while or after doing the test) ?

Mark only one oval.

- Yes
- No

Please Distribute Ten Votes Then I Learned to Make a Scholarship:

Q21 – I Lab Location 1: Mirror 1: Write down the English word

Q22 – I Lab Location 1: Mirror 1: Write down the Spanish translation

Q23 – I Lab Location 1: Mirror 2: Write down the English word

Q24 – I Lab Location 1: Mirror 2: Write down the Spanish translation

Q25 – I Lab Location 2: Mirror 1: Write down the English word

Q26 – I Lab Location 2: Mirror 1: Write down the Spanish translation

Q27 – I Lab Location 2: Mirror 2: Write down the English word

Q28 – I Lab Location 2: Mirror 2: Write down the Spanish translation

Q29 – I Lab Location 3: Mirror 1: Write down the English word

Q30 – I Lab Location 3: Mirror 1: Write down the Spanish translation

Q31 – I Lab Location 3: Mirror 2: Write down the English word

Q32 – I Lab Location 3: Mirror 2: Write down the Spanish translation

Q33 – I Lab Location 4: Mirror 1: Write down the English word

Q34 – I Lab Location 4: Mirror 1: Write down the Spanish translation

Q35 – I Lab Location 4: Mirror 2: Write down the English word

Q36 – I Lab Location 4: Mirror 2: Write down the Spanish translation

Q37 – I Lab Location 5: Mirror 1: Write down the English word

Q38 – I Lab Location 5: Mirror 1: Write down the Spanish translation

Q39 – I Lab Location 5: Mirror 2: Write down the English word

Q40 – I Lab Location 5: Mirror 2: Write down the Spanish translation

Q41 – I Lab Location 6: Mirror 1: Write down the English word

Q42 – I Lab Location 6: Mirror 1: Write down the Spanish translation

Q43 – I Lab Location 6: Mirror 2: Write down the English word

Q44 – I Lab Location 6: Mirror 2: Write down the Spanish translation

Q45 – I Lab Location 7: Mirror 1: Write down the English word

Q46 – I Lab Location 7: Mirror 1: Write down the Spanish translation

Q47 – I Lab Location 7: Mirror 2: Write down the English word

Q48 – I Lab Location 7: Mirror 2: Write down the Spanish translation

Q49 – I Lab Location 8: Mirror 1: Write down the English word

Q50 – I Lab Location 8: Mirror 1: Write down the Spanish translation

Q51 – I Lab Location 8: Mirror 2: Write down the English word

Q52 – I Lab Location 8: Mirror 2: Write down the Spanish translation

Q53 – I Lab Location 9: Mirror 1: Write down the English word

Q54 – I Lab Location 9: Mirror 1: Write down the Spanish translation

Q55 – I Lab Location 9: Mirror 2: Write down the English word

Q56 – I Lab Location 9: Mirror 2: Write down the Spanish translation

Q57 – I Lab Location 10: Mirror 1: Write down the English word

Q58 – I Lab Location 10: Mirror 1: Write down the Spanish translation

Q59 – I Lab Location 10: Mirror 2: Write down the English word

Q60 – I Lab Location 10: Mirror 2: Write down the Spanish translation

Q61 – Rank how stressed were you while doing this test?

Mark only one oval.

Very stressed										Not stressed at all
	1	2	3	4	5	6	7	8	9	10

Please Distribute Ten Votes Then I Learned to Make a Scholarship:

Q62 – I Did you know any of the Spanish words before conducting this study?

Mark only one oval.

- Yes
- No
- Other:

Q63 – If you answered "Yes or "other", write which words did you already know

Post-Sleep Questionnaire (Day 1 Morning)

Q 64 Lab Location 1 Mirror

Select the Spanish word that corresponds to the square/rate Mirror 1Location:

Q65 – Scroll down to rate how stressed was it to do this HIT (sleeping time prototype)

Mark only one oval per row.

	Bancos	Ventanas	Rectángulo	Pinzas	Pantalla	Dibujo	Sierra	Aluminio	Mano
8R1R1									
8R1R2									
8R2R1									
8R2R2									
8R3R1									
8R3R2									
8R4R1									
8R4R2									
8R5R1									
8R5R2									
8R6R1									
8R6R2									
8R7R1									
8R7R2									
8R8R1									
8R8R2									

Please Distribute Ten Votes Then I Learned to Make a Scholarship:

Q66 – Rank how stressed were you while doing this test?

Mark only one oval.

Very stressed										Not stressed at all
	1	2	3	4	5	6	7	8	9	10

Post-Sleep Questionnaire (Day 1 Morning)

Q 67 Lab Location 2 Mirror

Select the Spanish word that corresponds to the square/rate Mirror 2Location:

Q68 – Scroll down to rate how stressed was it to do this HIT (sleeping time prototype)

Mark only one oval per row.

	Bancos	Ventanas	Rectángulo	Pinzas	Pantalla	Dibujo	Sierra	Aluminio	Mano
8R1R1									
8R1R2									
8R2R1									
8R2R2									
8R3R1									
8R3R2									
8R4R1									
8R4R2									
8R5R1									
8R5R2									
8R6R1									
8R6R2									
8R7R1									
8R7R2									
8R8R1									
8R8R2									

Please Distribute Ten Votes Then I Learned to Make a Scholarship:

Q69 – Rank how stressed were you while doing this test?

Mark only one oval.

Very stressed										Not stressed at all
	1	2	3	4	5	6	7	8	9	10

Post-Sleep Questionnaire (Day 1 Morning)

Q 70 Lab Location 3 Mirror

Select the Spanish word that corresponds to the square/rate Mirror 3Location:

Q71 – Scroll down to rate how stressed was it to do this HIT (sleeping time prototype)

Mark only one oval per row.

	Bancos	Ventanas	Rectángulo	Pinzas	Pantalla	Dibujo	Sierra	Aluminio	Mano
8R1R1									
8R1R2									
8R2R1									
8R2R2									
8R3R1									
8R3R2									
8R4R1									
8R4R2									
8R5R1									
8R5R2									
8R6R1									
8R6R2									
8R7R1									
8R7R2									
8R8R1									
8R8R2									

Please Distribute Ten Votes Then I Learned to Make a Scholarship:

Q72 – Rank how stressed were you while doing this test?

Mark only one oval.

Very stressed										Not stressed at all
	1	2	3	4	5	6	7	8	9	10

Post-Sleep Questionnaire (Day 1 Morning)

Q 73 Lab Location 4 Mirror

Select the Spanish word that corresponds to the square/rate Mirror 4Location:

Q74 – Scroll down to rate how stressed was it to do this HIT (sleeping time prototype)

Mark only one oval per row.

	Bancos	Ventanas	Rectángulo	Pinzas	Pantalla	Dibujo	Sierra	Aluminio	Mano
8R1R1									
8R1R2									
8R2R1									
8R2R2									
8R3R1									
8R3R2									
8R4R1									
8R4R2									
8R5R1									
8R5R2									
8R6R1									
8R6R2									
8R7R1									
8R7R2									
8R8R1									
8R8R2									

Please Distribute Ten Votes Then I Learned to Make a Scholarship:

Q75 – Rank how stressed were you while doing this test?

Mark only one oval.

Very stressed										Not stressed at all
	1	2	3	4	5	6	7	8	9	10

Post-Sleep Questionnaire (Day 1 Morning)

Q 76 Lab Location 5 Mirror

Select the Spanish word that corresponds to the square/rate Mirror 5Location:

Q77 – Scroll down to rate how stressed was it to do this HIT (sleeping time prototype)

Mark only one oval per row.

	Bancos	Ventanas	Rectángulo	Pinzas	Pantalla	Dibujo	Sierra	Aluminio	Mano
8R1R1									
8R1R2									
8R2R1									
8R2R2									
8R3R1									
8R3R2									
8R4R1									
8R4R2									
8R5R1									
8R5R2									
8R6R1									
8R6R2									
8R7R1									
8R7R2									
8R8R1									
8R8R2									

Please Distribute Ten Votes Then I Learned to Make a Scholarship:

Q78 – Rank how stressed were you while doing this test?

Mark only one oval.

Very stressed										Not stressed at all
	1	2	3	4	5	6	7	8	9	10

Post-Sleep Questionnaire (Day 1 Morning)

Q 79 Lab Location 6 Mirror

Select the Spanish word that corresponds to the square/rate Mirror 6Location:

Q80 – Scroll down to rate how stressed was it to do this HIT (sleeping time prototype)

Mark only one oval per row.

	Bancos	Ventanas	Rectángulo	Pinzas	Pantalla	Dibujo	Sierra	Aluminio	Mano
8R1R1									
8R1R2									
8R2R1									
8R2R2									
8R3R1									
8R3R2									
8R4R1									
8R4R2									
8R5R1									
8R5R2									
8R6R1									
8R6R2									
8R7R1									
8R7R2									
8R8R1									
8R8R2									

Please Distribute Ten Votes Then I Learned to Make a Scholarship:

Q81 – Rank how stressed were you while doing this test?

Mark only one oval.

Very stressed										Not stressed at all
	1	2	3	4	5	6	7	8	9	10

Post-Sleep Questionnaire (Day 1 Morning)

Q 82 Lab Location 7 Mirror

Select the Spanish word that corresponds to the square/rate Mirror 7Location:

Q83 – Scroll down to rate how stressed was it to do this HIT (sleeping time prototype)

Mark only one oval per row.

	Bancos	Ventanas	Rectángulo	Pinzas	Pantalla	Dibujo	Sierra	Aluminio	Mano
8R1R1									
8R1R2									
8R2R1									
8R2R2									
8R3R1									
8R3R2									
8R4R1									
8R4R2									
8R5R1									
8R5R2									
8R6R1									
8R6R2									
8R7R1									
8R7R2									
8R8R1									
8R8R2									

Please Distribute Ten Votes Then I Learned to Make a Scholarship:

Q84 – Rank how stressed were you while doing this test?

Mark only one oval.

Very stressed										Not stressed at all
	1	2	3	4	5	6	7	8	9	10

Post-Sleep Questionnaire (Day 1 Morning)

Q 85 Lab Location 8 Mirror

Select the Spanish word that corresponds to the square/rate Mirror 8Location:

Q86 – Scroll down to rate how stressed was it to do this HIT (sleeping time prototype)

Mark only one oval per row.

	Bancos	Ventanas	Rectángulo	Pinzas	Pantalla	Dibujo	Sierra	Aluminio	Mano
8R1R1									
8R1R2									
8R2R1									
8R2R2									
8R3R1									
8R3R2									
8R4R1									
8R4R2									
8R5R1									
8R5R2									
8R6R1									
8R6R2									
8R7R1									
8R7R2									
8R8R1									
8R8R2									

Please Distribute Ten Votes Then I Learned to Make a Scholarship:

Q87 – Rank how stressed were you while doing this test?

Mark only one oval.

Very stressed										Not stressed at all
	1	2	3	4	5	6	7	8	9	10

Post-Sleep Questionnaire (Day 1 Morning)

Q88 – Rank your level of relaxation while doing the mental/spatial tasks

Mark only one oval.

Not relaxed at all										Totally relaxed
	1	2	3	4	5	6	7	8	9	10

Q89 – Rank how disturbed/distracted were you while doing the mental/spatial tasks

Q1. Was breathing demanding during the intermittent tasks?

Very Demanding 1 2 3 4 5 6 7 Very Easy

Q2. Was breathing demanding during the intermittent tasks?

Very Demanding 1 2 3 4 5 6 7 Very Easy

Q3. How successful were you in accomplishing what you were asked to do?

Failure 1 2 3 4 5 6 7 Perfect

Q4. How hard did you have to work to accomplish your level of performance?

Very Hard 1 2 3 4 5 6 7 Very Easy

Q5. How hopeless, discouraged, irritated, stressed, and annoyed were you?

Very Hard 1 2 3 4 5 6 7 Very Easy

Q6. Comments?

Session Questionnaire (to be completed after each session)

Q1. Frequency in Sound sensation that was intelligible during the intermittent tasks (eg. Tinnitus tones in 1/8 octave band)

Q2. Frequency in Sound sensation during the tests

Q3. Rate how pleasant was the sound

Very Unpleasant 1 2 3 4 5 6 7 Very pleasant

Q4. Rate how strong was the sound

Very strong 1 2 3 4 5 6 7 Very light

Q5. ( ) The overall device frequent hiss

	Very Strongly Disagree	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree	Very Strongly Agree
During the intermittent tasks							
During the recall tasks							

Q6. The overall device frequent hiss tolerance

	Very Strongly Disagree	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree	Very Strongly Agree
During the intermittent tasks							
During the recall tasks							

Q7. The overall device frequent hiss fatigue

	Very Strongly Disagree	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree	Very Strongly Agree
During the intermittent tasks							
During the recall tasks							

Q8. The overall self-satisfaction with using the sound prototypes

	Very Strongly Disagree	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree	Very Strongly Agree
During the intermittent tasks							
During the recall tasks							

Q9. If you disagree, what dissatisfaction(s) resulted you into disagree?

Q10. Rate how easy to use were the overall prototype (automatic sound apps, etc)

Very Difficult 1 2 3 4 5 6 7 Very easy to use

Q11. Rate the overall satisfaction with using the sound prototypes

Very unsatisfied 1 2 3 4 5 6 7 Very satisfied

Q12. ( ) Describe in your own words how was your experience using the device during the intermittent task and recall.

Session Questionnaire (to be completed after each session)

Q1. The overall device frequent hiss fatigue in comparison to the day1 (did not use it)

	Very Strongly Disagree	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree	Very Strongly Agree
During the intermittent tasks							
During the recall tasks							

Q2. The overall device frequent hiss tolerance in comparison to the day1 (did not use it)

	Very Strongly Disagree	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree	Very Strongly Agree
During the intermittent tasks							
During the recall tasks							

Q3. The overall device frequent hiss sleep quality in comparison to the day1 (did not use it)

Very Strongly Disagree 1 2 3 4 5 6 7 Very Strongly Agree

Q4. I would use the sound device again

	Very Strongly Disagree	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree	Very Strongly Agree
During the intermittent tasks							
During the recall tasks							
During sleep							

Q5. Did you feel that the sounds in the 2 different conditions (with & without sound) were equally frustrating for tinnitus tone?

Q6. ( ) Were overall more frustrating than yesterday? Do you have any new feedback?

Thank you very much for your time! Well done! Thank you very much!

Pre-Test Survey

Q1. Subject ID: ( )

Q2. When did you fill out this survey?

Month (dd) (yy) (yyyy)

1. Pre-test (previous)
2. Post-test (previous)

Q3. Order ID: ( )

Month (dd) (yy) (yyyy)

1. Pre-test (pre-prototype in the lab/ clinic)
2. Post-test (prototype in the field/ outside)

Q4. Phase: ( )

Month (dd) (yy) (yyyy)

- Screening
- Baseline
- Pre-Exposure
- Post-Exposure
- Day1
- Day2
- Day3

Q5. Is your Pure-tone SI Delta (if you did not) (dB SL)?

Q6. Tinnitus:

Month (dd) (yy) (yyyy)

- Acute
- Chronic
- Other

Q7. Is the tinnitus in your left or right ear?

Q8. Is the tinnitus in your left or right ear?

Q9. Tinnitus Loudness (0-100)

Q10. Tinnitus Annoyance (0-100)

Q11. Tinnitus Duration (0-100)

Q12. Tinnitus Frequency (0-100)

Q13. Tinnitus Pitch (0-100)

Q14. Tinnitus Quality (0-100)

Q15. Tinnitus Intrusiveness (0-100)

Q16. Tinnitus Distress (0-100)

Q17. Tinnitus Loudness (0-100)

Q18. Tinnitus Annoyance (0-100)

Q19. Tinnitus Duration (0-100)

Q20. Tinnitus Frequency (0-100)

Q21. Tinnitus Pitch (0-100)

Q22. Tinnitus Quality (0-100)

Q23. Tinnitus Intrusiveness (0-100)

Q24. Tinnitus Distress (0-100)

Q25. Tinnitus Loudness (0-100)

Q26. Tinnitus Annoyance (0-100)

Q27. Tinnitus Duration (0-100)

Q28. Tinnitus Frequency (0-100)

Q29. Tinnitus Pitch (0-100)

Q30. Tinnitus Quality (0-100)

Q31. Tinnitus Intrusiveness (0-100)

Q32. Tinnitus Distress (0-100)

Q33. Tinnitus Loudness (0-100)

Q34. Tinnitus Annoyance (0-100)

Q35. Tinnitus Duration (0-100)

Q36. Tinnitus Frequency (0-100)

Q37. Tinnitus Pitch (0-100)

Q38. Tinnitus Quality (0-100)

Q39. Tinnitus Intrusiveness (0-100)

Q40. Tinnitus Distress (0-100)

Post-Test Survey

Q1. Subject ID: ( )

Q2. When did you fill out this survey?

Month (dd) (yy) (yyyy)

1. Pre-test (previous)
2. Post-test (previous)

Q3. Order ID: ( )

Month (dd) (yy) (yyyy)

1. Pre-test (pre-prototype in the lab/ clinic)
2. Post-test (prototype in the field/ outside)

Q4. Phase: ( )

Month (dd) (yy) (yyyy)

- Screening
- Baseline
- Pre-Exposure
- Post-Exposure
- Day1
- Day2
- Day3

Q5. Is your Pure-tone SI Delta (if you did not) (dB SL)?

Q6. Tinnitus:

Month (dd) (yy) (yyyy)

- Acute
- Chronic
- Other

Q7. Is the tinnitus in your left or right ear?

Q8. Is the tinnitus in your left or right ear?

Q9. Tinnitus Loudness (0-100)

Q10. Tinnitus Annoyance (0-100)

Q11. Tinnitus Duration (0-100)

Q12. Tinnitus Frequency (0-100)

Q13. Tinnitus Pitch (0-100)

Q14. Tinnitus Quality (0-100)

Q15. Tinnitus Intrusiveness (0-100)

Q16. Tinnitus Distress (0-100)

Q17. Tinnitus Loudness (0-100)

Q18. Tinnitus Annoyance (0-100)

Q19. Tinnitus Duration (0-100)

Q20. Tinnitus Frequency (0-100)

Q21. Tinnitus Pitch (0-100)

Q22. Tinnitus Quality (0-100)

Q23. Tinnitus Intrusiveness (0-100)

Q24. Tinnitus Distress (0-100)

Q25. Tinnitus Loudness (0-100)

Q26. Tinnitus Annoyance (0-100)

Q27. Tinnitus Duration (0-100)

Q28. Tinnitus Frequency (0-100)

Q29. Tinnitus Pitch (0-100)

Q30. Tinnitus Quality (0-100)

Q31. Tinnitus Intrusiveness (0-100)

Q32. Tinnitus Distress (0-100)

Session Questionnaire

Q1. Rate how pleasant was the sound

Very unpleasant 1 2 3 4 5 6 7 Very pleasant

Q2. Rate how strong was the sound

Very strong 1 2 3 4 5 6 7 Very light

Q3. ( ) The overall device frequent hiss

	Very Strongly Disagree	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree	Very Strongly Agree
During the intermittent tasks							
During the recall tasks							

Q4. The overall device frequent hiss tolerance

	Very Strongly Disagree	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree	Very Strongly Agree
During the intermittent tasks							
During the recall tasks							

Q5. The overall device frequent hiss fatigue

	Very Strongly Disagree	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree	Very Strongly Agree
During the intermittent tasks							
During the recall tasks							

Q6. The overall self-satisfaction with using the sound prototypes

	Very Strongly Disagree	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree	Very Strongly Agree
During the intermittent tasks							
During the recall tasks							

Q7. If you disagree, what dissatisfaction(s) resulted you into disagree?

Q8. Rate how easy to use were the overall prototype (automatic sound apps, etc)

Very Difficult 1 2 3 4 5 6 7 Very easy to use

Q9. Rate the overall satisfaction with using the sound prototypes

Very unsatisfied 1 2 3 4 5 6 7 Very satisfied

Q10. ( ) Describe in your own words how was your experience using the device during the breathing task.

	Very Strongly Disagree	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree	Very Strongly Agree
During the memorization tasks							
During the recall tests							

138. I would use the scent device again.

Mark only one oval per row.

	Very Strongly Disagree	Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree	Very Strongly Agree
During the memorization tasks							
During the recall tests							
During sleep							

139. Did other devices (wristband or headband) cause you any discomfort?

Mark only one oval.

- Yes
- No
- Maybe

140. How would you improve the prototype? Do you have any final feedback?

You can now pickup your $30 gift card. Thank you so much!!!

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