

**AMERICAN INTERNATIONAL UNIVERSITY–BANGLADESH (AIUB)**

**FALL 2021-22**

**BUSINESS COMMUNICATION [FST/FE] [Q]**

**REPORT**

***Maintaining Balance between sleep and productivity with an AI-based Application***

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| NAME | ID | CONTRIBUTION |
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***Title:******Maintaining Balance between sleep and productivity with an AI-based Application***

***Research Aims/ Questions:***

* What are the common sleeping patterns of students?
* What are general impacts of oversleep and less sleep?
* What are the impacts of sleep on productivity?
* What are the causes and the situations responsible for the unhealthy sleeping habits?

***Survey Questions:***

Demographic Questions:

1. Your Age \*

18-20

21-22

23-24

25-26

27-28

Above 28

1. Your Gender \*

Male

Female

Others

1. Your Body Weight (KG) \*

Below 40

40-50

51-60

61-70

71-80

81-90

91-100

Above 100

Sleeping Patterns:

1. Your average time of sleeping in a day (Hours) \*

Below 4

4-5

5-7

6-9

Above 9

1. Usually, when do you go to sleep?

Before 10PM

10PM - 12 AM

12 AM - 2 AM

2AM - 4AM

After 4AM

Impacts of sleep on productivity

1. Do you think that the amount of time you sleep every day is adequate for having an optimal performance? \*

Agree

Moderately Agree

Completely Agree

Disagree

1. During your exams, do you think that sleeping hampers your preparation? \*

Agree

Moderately Agree

Completely Agree

Disagree

1. Do you think continuous work affects your productivity?

Agree

Moderately Agree

Completely Agree

Disagree

Causes and the situations responsible for the unhealthy sleeping habits:

1. During the exams or any busy time, which one will you prioritize most? \*

Sound sleep

Higher rate of productivity

1. For What particular reasons, you can't sleep well often? \*

Heavy work load

Anxiety

Improper time management

Technological Distraction

Others

1. If others, Write down the reason: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Do you think that spending too much time on social media compresses your required time for sleeping?

Agree

Moderately Agree

Completely Agree

Disagree

1. Do you think that you waste too much time on procrastination?

Agree

Moderately Agree

Completely Agree

Disagree

1. Do you think focusing on outside activities or spending time with friends affects your required time for sleeping?

Agree

Moderately Agree

Completely Agree

Disagree

1. Do you follow any particular routine to balance your sleep and work?

Always

Never

Sometimes