**CS 535 POST STUDY SEMI STRUCTURED INTERVIEW TRANSCRIBED  
Studying the Impact of Meditation Apps on Sleep Quality**

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## **Participant 1: P1 (M, 24)**

## Interviewer: Hi P1, thanks again for participating in the study. Now that you've completed the 10 days, I'd love to chat with you a bit more about your experience. How are you feeling today?

## P1: Hi! I'm doing well, thanks. It's good to have finished the study.

## Interviewer: Thinking back to when you started the study, on a scale of 1 to 10, how would you rate your sleep quality *now* compared to before?

## P1: Hmm, before I'd say maybe a 6 on average, some nights lower. Now, I think it's generally better, maybe closer to an 9 on the good nights during the meditation phase.

## Interviewer: That's great to hear! What do you think contributed to that change?

## P1: I think the meditation really helped me wind down before bed. I felt less restless most nights during the second half of the study.

## Interviewer: During the study, did you happen to notice if it was easier to fall asleep, or if you felt like you were getting more of that deep, restful sleep?

## P1: Yeah, I definitely felt like I was falling asleep quicker most nights during the intervention, compared to those really long times it took me in the first few days. And I generally woke up feeling more refreshed, especially after some of the meditation nights, though not every single one – some nights I still felt tired even with the meditation. Maybe the deep sleep was better sometimes too.

## Interviewer: That's encouraging! Were there any particular nights during the study – maybe the baseline nights, the meditation nights, or was it consistent – when you felt you slept particularly well?

## P1: I think the nights I did the meditation were generally better than the baseline nights. Specifically, the guided voice nights often felt the best – like Day 9 and 10, my quality score was higher and I felt well-rested. Day 8 was good quality too, even if I didn't feel fully rested that morning.

## Interviewer: You tried both guided voice and music-based meditations. Which of the two did you find yourself preferring overall?

## P1: Definitely the guided voice.

## Interviewer: What was it about the guided voice meditations that resonated with you more?

## P1: I liked having someone guide me, telling me what to focus on. With the music, like on Day 5 or 7, my mind would still wander a lot, and looking back, my sleep wasn't quite as efficient those nights.

## Interviewer: Did your preference for one type over the other change at all throughout the 10 days?

## P1: Not really. I pretty much preferred the guided ones from the start.

## Interviewer: Now that the study is over, do you see yourself continuing to use meditation as part of your bedtime routine? Why or why not?

## P1: Yeah, I think so. It seems to be helping, and the guided ones are actually quite relaxing.

## Interviewer: Thinking about the whole meditation experience, what was one aspect that you found particularly beneficial for you?

## P1: Just feeling calmer before bed. It really helped quiet my mind compared to before.

## Interviewer: Were there any difficulties you encountered while trying to stick to the meditation routine?

## P1: Sometimes it was hard to find the time, especially if I had a late night. Also, a couple of times I forgot to charge the watch, so I couldn't track my sleep properly.

## Interviewer: Finally, do you have any other comments or suggestions about the app or the study itself?

## P1: Just the watch charging thing I mentioned. Maybe a reminder could be helpful? Otherwise, it was interesting to see the data.

## Interviewer: P1, it sounds like the guided meditations were particularly helpful for you in noticing an improvement in your sleep, especially in feeling calmer and often more refreshed. Perhaps exploring more guided meditation practices could be beneficial for you in the long run. Your feedback about the watch charge is really valuable, thank you!

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## **Script 2: P2 Shelke (M, 22)**

## Interviewer: Hi P2, thanks for taking the time to chat with me today about your experience with sleep study. How have things been going since you finished the 10 days?

## P2: Hey, no problem. Things are good, back to normal now.

## Interviewer: On a scale from 1 to 10, how would you rate your sleep quality now compared to before you started using the meditation app?

## P2: I'd say it's improved a bit, maybe from around a 5 or 6 on average during baseline – especially considering those rough nights like Day 3 and 4 – to maybe closer to a 7 or 8 during the meditation phase, though it varied.

## Interviewer: Did you notice any changes in how quickly you fell asleep or the depth of your sleep during the study?

## P2: Yeah, I think I was falling asleep a little faster sometimes during the intervention, like on Day 8 and 9 my latency was quite low. Day 5 was still slow though, even with music meditation. I felt a bit more rested some mornings too, like Day 9 I actually marked 'Yes' for well-rested, which didn't happen in the baseline. But other intervention nights, I still felt tired.

## Interviewer: That's good to hear! Can you recall if you slept better on the nights you meditated, during the baseline period, or if there wasn't much of a difference?

## P2: Definitely felt better on the meditation nights compared to baseline, especially Day 3 and 4 which were pretty bad baseline nights. The intervention nights weren't perfect, like Day 5 wasn't great, but overall better than before.

## Interviewer: You experienced both guided voice and music-based meditations. Which one did you find yourself leaning towards more?

## P2: I preferred the guided ones.

## Interviewer: What was it about the guided meditations that you enjoyed more?

## P2: It was easier to focus when someone was talking and guiding you. The music was just... music, like on Day 5 or 7, and my thoughts would still race. My quality scores were generally higher on the guided voice nights, like Day 8 and 9.

## Interviewer: Did your preference for either guided or music-based meditation evolve over the course of the study?

## P2: Nope, stuck with the guided ones mostly after trying both.

## Interviewer: Looking ahead, do you think you'll continue to incorporate meditation into your bedtime routine? What are your thoughts on that?

## P2: Yeah, I think I might. It seems to have a positive effect, especially the guided ones.

## Interviewer: What was the most helpful part of the meditation experience for you?

## P2: Just feeling more relaxed before trying to sleep, compared to baseline.

## Interviewer: Were there any challenges you faced while trying to follow the meditation schedule?

## P2: Sometimes I'd forget or be too tired to do it. Sometimes I'd sleep off during the guided meditation. It would be cool if the app could detect that and maybe stop the session so it's not still playing when I'm asleep.

## Interviewer: Do you have any other thoughts or suggestions about your experience?

## P2: Just the app stopping automatically suggestion.

## Interviewer: P2, it's interesting that you felt an improvement in your sleep quality, particularly compared to some rough baseline nights. Since you preferred the guided meditations and found them more relaxing, maybe trying different voices or themes within guided meditation could keep things engaging for you. Thanks for your feedback about the app automatically stopping – that's a great point!

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## **Script 3: P3 Chourasia (F, 23)**

## Interviewer: Hi P3, thank you for participating in the study. I'd like to ask you a few questions about your experience now that it's complete. How are you doing today?

## P3: Hi, I'm doing well, thank you.

## Interviewer: Comparing your sleep quality now to before the study, how would you rate it on a scale of 1 to 10?

## P3: I think it's gone up. Before, maybe a 6 on average, with Day 4 being lower. Now, during the intervention phase, I'd say an 8 or even a 9 on some nights, like Day 9. Definitely an improvement.

## Interviewer: During the 10 days, did you notice any difference in how easily you fell asleep or how deep your sleep felt?

## P3: Yes, I definitely felt like I was falling asleep faster during the intervention phase – the latency numbers were consistently lower than baseline. And I wasn't waking up as much during the night, it felt like more solid sleep..I saw that on t I felt well-rested more often too, especially on the guided meditation nights.

## Interviewer: That's positive! On which nights did you feel your sleep was the most restful – the baseline nights, the meditation nights, or was it fairly consistent?

## P3: The meditation nights were definitely better than baseline. And looking back, the nights I used the guided voice meditation, like Day 6, 8, and 10, were the ones where I reported feeling well-rested the next day.

## Interviewer: Did you try both guided voice and music-based meditations. Which one did you find yourself preferring?

## P3: I preferred the guided voice meditations.

## Interviewer: Did your preference for one type of meditation change at all during the study?

## P3: Yes, actually. I initially tried the music-based meditation on Day 5 and 7, and I didn't feel much. I felt a bit bored, and my mind still wandered. But then I switched to the guided voice meditation, and it felt much better, more effective. And it was good, my sleep efficiency and quality scores were highest on those nights. So I stuck with the guided voice for the rest of the study.

## Interviewer: What was it about the guided voice meditations that you liked more after you switched?

## P3: I found them more soothing and easier to focus on compared to the music. The music sometimes just made me think of other things, whereas the guided voice helped me settle down.

## Interviewer: After this study, do you envision yourself continuing to use meditation before going to sleep? Why or why not?

## P3: Yes, I think I will. Maybe not regularly every single night, but definitely on days that I feel difficulty in getting to sleep or feel anxious. The guided voice ones seem helpful.

## Interviewer: What was the most significant benefit you experienced from the meditation sessions?

## P3: Feeling more relaxed and less anxious before bed.

## Interviewer: Were there any difficulties you encountered while trying to maintain the meditation routine?

## P3: Not really, I tried to make it a part of my night time routine once I started seeing the benefit.

## Interviewer: Do you have any additional comments or suggestions regarding the app or the study?

## P3: Not really, but I really liked the app asking us if we are a morning person or a night person. It felt that the app and the experience was personalised. But I feel it could be more personalized in terms of specific focus on reducing anxiety, which the guided voice helped with.

## Interviewer: P3, it's great to hear you felt a clear improvement in your sleep, especially falling asleep faster and feeling more rested. It's interesting how you found the guided meditations much more effective after trying the music-based ones first. Given your preference, exploring more guided meditations focused on relaxation or anxiety reduction techniques could further enhance your sleep quality. Your comments about personalization are very helpful, thank you!

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## **Script 4: P4 Tandel (F, 23)**

## Interviewer: Hi P4, thanks for being a part of this study. Now that you've finished, I'd like to ask you some questions about your experience. How are you doing today?

## P4: Hi, I'm doing well, thank you.

## Interviewer: On a scale of 1 to 10, how would you rate your current sleep quality compared to before you started using the meditation app?

## P4: I think it's improved from maybe a 7 on average during baseline to a solid 8 or even 9 on the better meditation nights, like Day 10.

## Interviewer: Did you observe any changes in how long it took you to fall asleep or how deep your sleep felt during the study?

## P4: Yes, I think I was falling asleep quicker most nights during the intervention – my latency times were lower then. And I often felt more rested in the morning compared to the baseline period, especially on the guided voice nights where I marked 'Yes' for well-rested. I had previously used a white noisFe app once, but this felt different, more structured.

## Interviewer: That's good news! Can you pinpoint if you slept best during the baseline nights, the nights you meditated, or if there wasn't a noticeable difference?

## P4: The nights I did the meditation were definitely better overall. Specifically, the guided voice nights, like Day 6, 8 and 10, stand out as nights with high sleep quality and efficiency where I felt well-rested.

## Interviewer: You had experience with both guided voice and music-based meditations in this study. Which of the two did you prefer overall?

## P4: I preferred the guided voice meditations. I tried the music-based ones but the guided voice felt more helpful right from the start on Day 6, so I used it more often.

## Interviewer: What did you find more appealing about the guided voice meditations compared to the music-based ones you tried

## P4: I found the guided voice more engaging and they helped me focus my thoughts better. The music was nice enough, but I found I could get distracted more easily, and my sleep quality and experience weren't quite as nice on those nights.

## Interviewer: Did your preference between guided and music-based meditation change at any point during the 10 days?

## P4: Not really, I liked the guided ones more from the beginning of the intervention phase when I first tried them.

## Interviewer: Moving forward, do you see yourself continuing to use meditation as a way to prepare for sleep? What are your thoughts on that?

## P4: Yes, I think I will. It seems to be a helpful tool for better sleep, especially the guided sessions.

## Interviewer: What was the most valuable aspect of the meditation experience for you?

## P4: Just feeling more calm and relaxed before bed, instead of my mind racing.

## Interviewer: Were there any challenges you faced while trying to stick with the meditation schedule?

## P4: Sometimes the session felt a bit long, maybe 20 minutes on busy days. Maybe having some shorter guided options would be good too. And my roommates were a bit noisy sometimes, which made it hard to really focus occasionally.

## Interviewer: Do you have any other feedback or suggestions you'd like to share?

## P4: No, not really.

## Interviewer: P4, it's positive that you felt an improvement in your sleep, falling asleep quicker and feeling more rested. Since you clearly preferred the guided meditations and found them more focusing. Your feedback about session length and noise is really helpful for future improvements. Thanks for your participation!

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