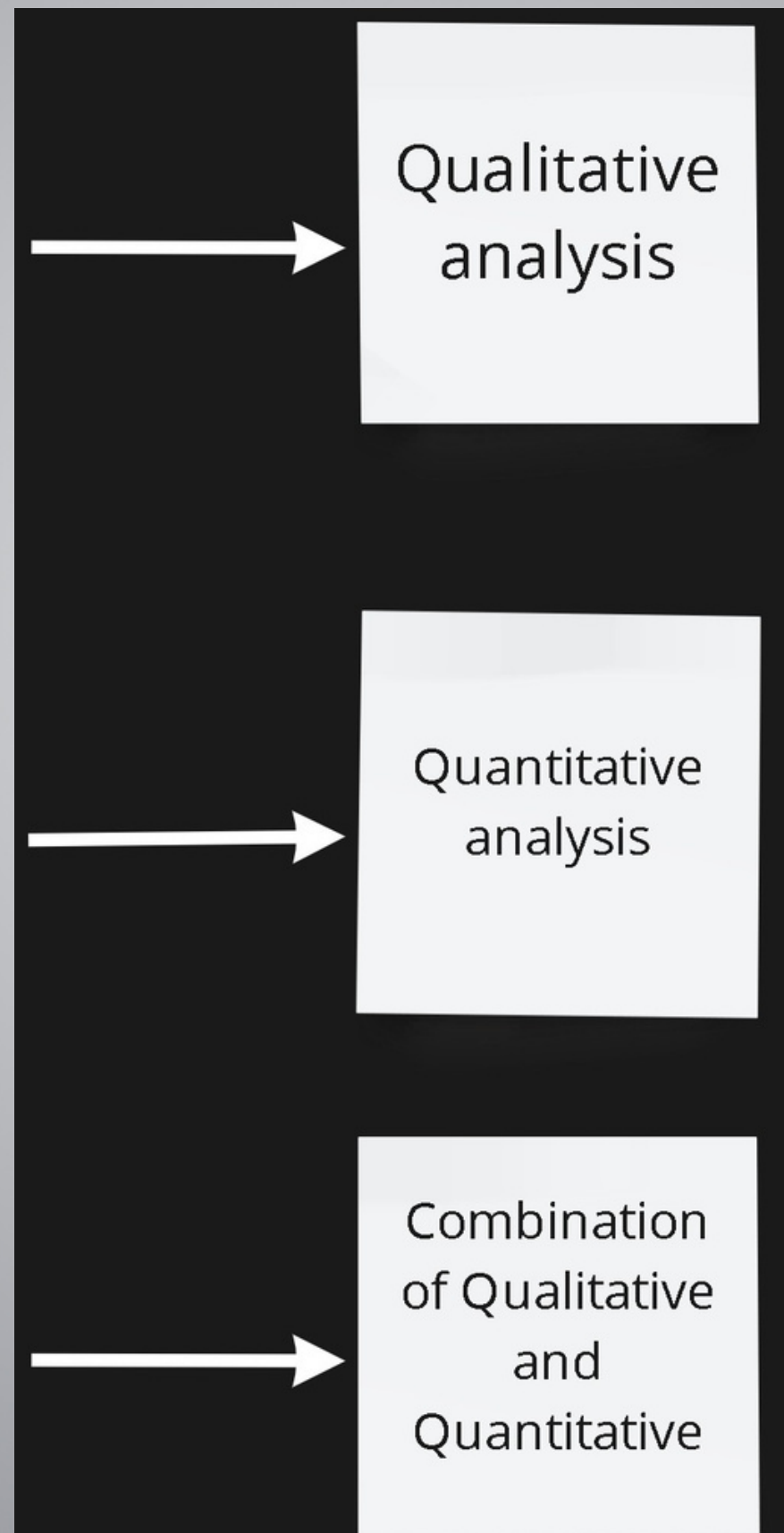


METHODS OF DATA ANALYSIS



Qualitative Analysis

- Quantitative data is data that is in the form of numbers, or that can easily be translated into numbers.
- For example, the number of years' experience the interviewees have, the number of projects a department handles at a time, or the number of minutes it takes to perform a task.

Quantitative Analysis

- Qualitative data is not expressed in numerical terms.
- For example, qualitative data includes descriptions, quotes from interviewees, vignettes of activity, and images.

Quantitative Analysis

Number of
responses

117



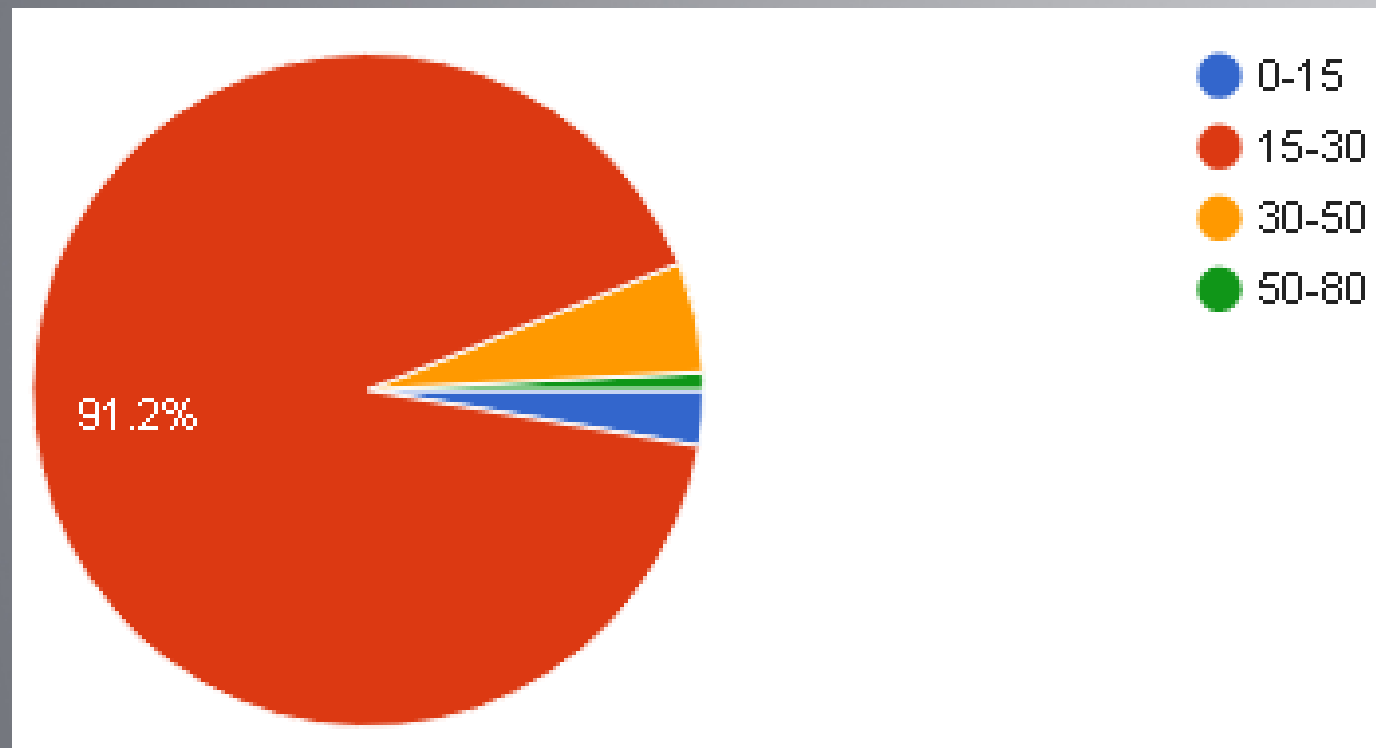
- **Ashok** : Central government employee
Age : 54 yrs
- **Muhammad Ali** : Bachelor of technology second year student at MAIT
Age : 18 yrs
- **Isha** : Graduated BFA student
Age : 22 yrs
- **Namita Devi** : Financial Advisor
Age : 45 yrs
- **Shridhar Joshi** : Bachelor of technology second year student at NSUT, Delhi
Age : 20 yrs

Number of
interviews

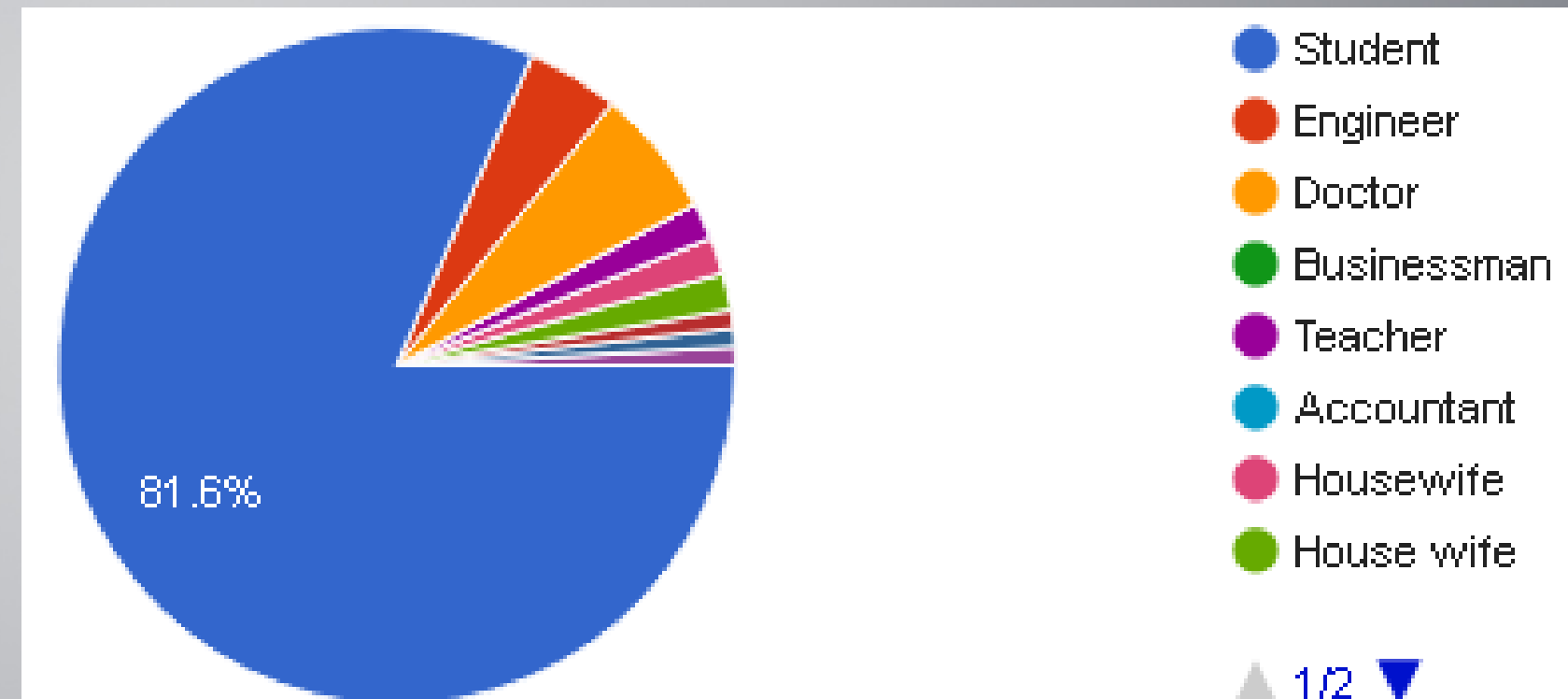
5

Quantitative Analysis

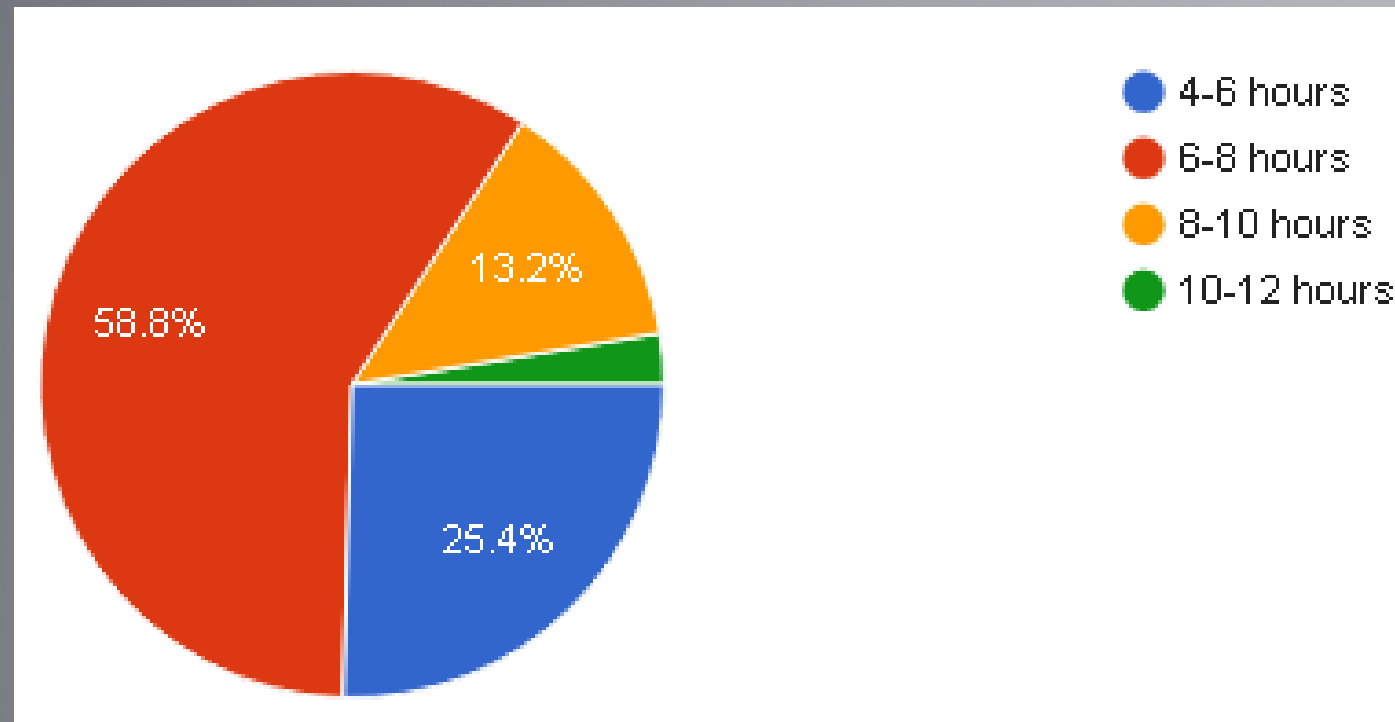
Q1. What's your age ?



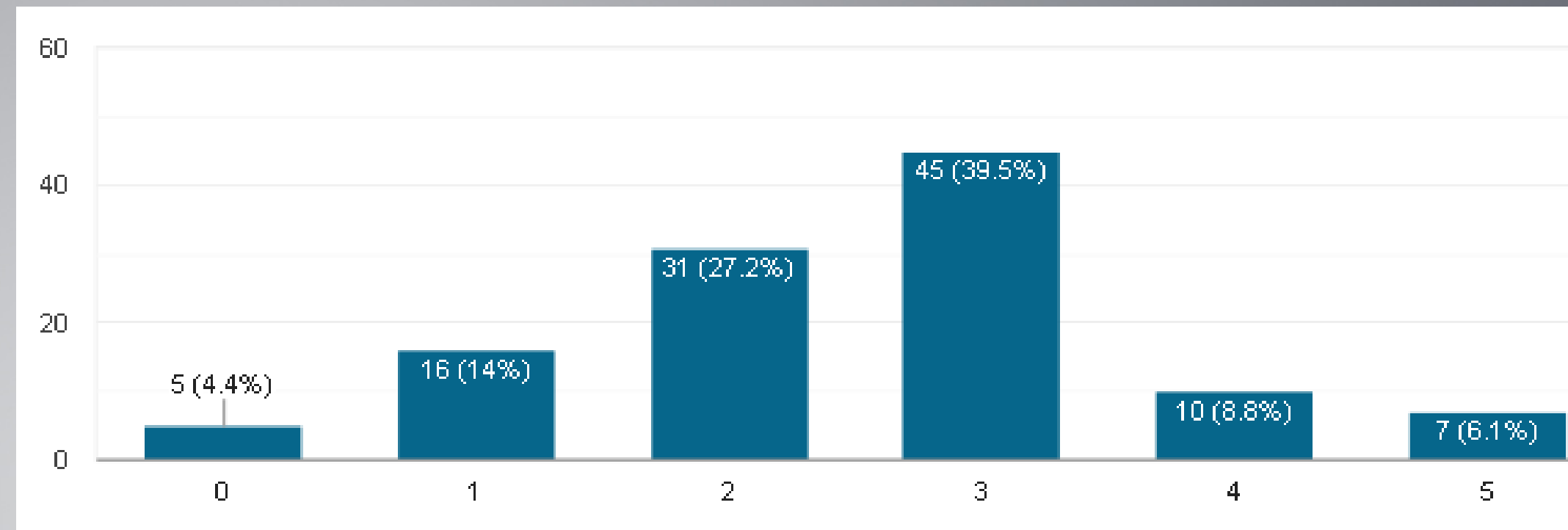
Q2. What's your occupation ?



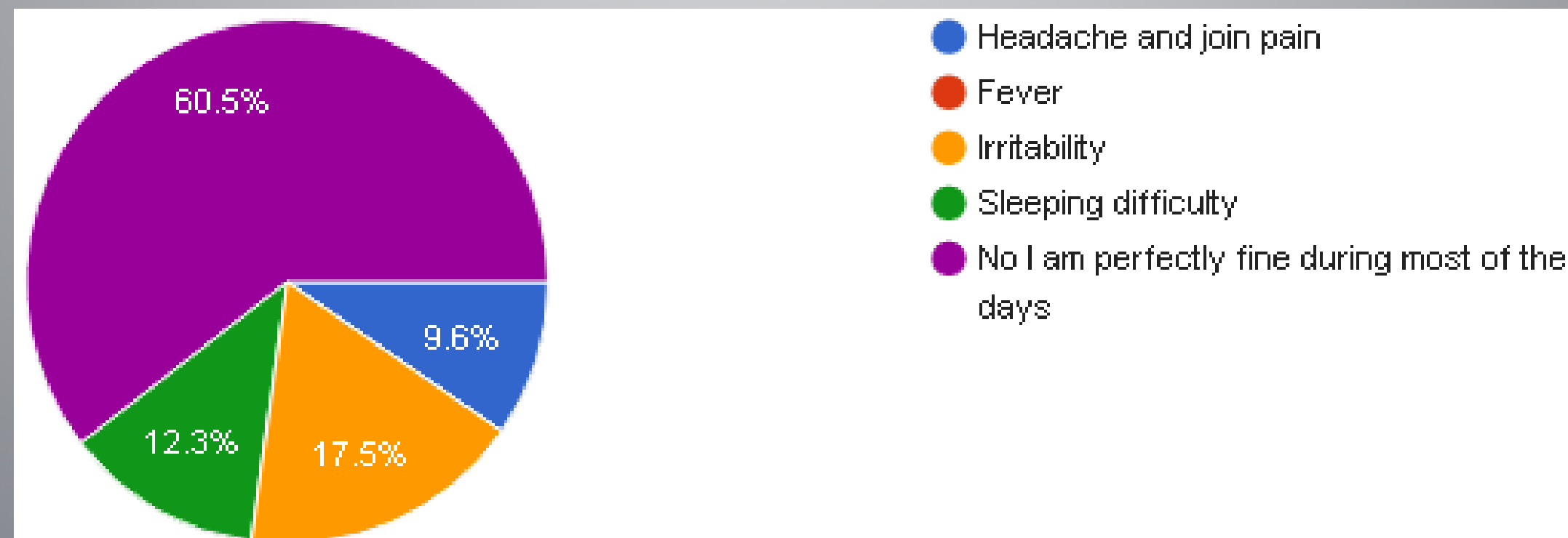
Q3. What's your sleep duration?



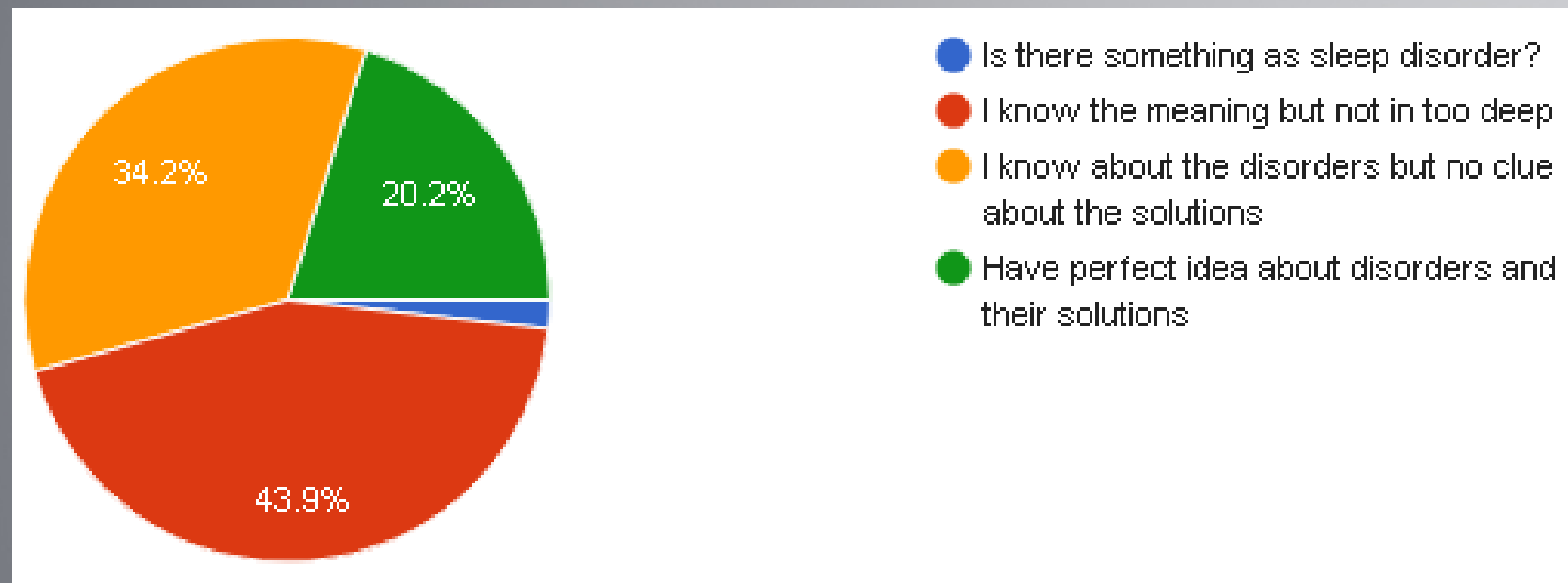
Q4. Do you think it's enough or oversleep?



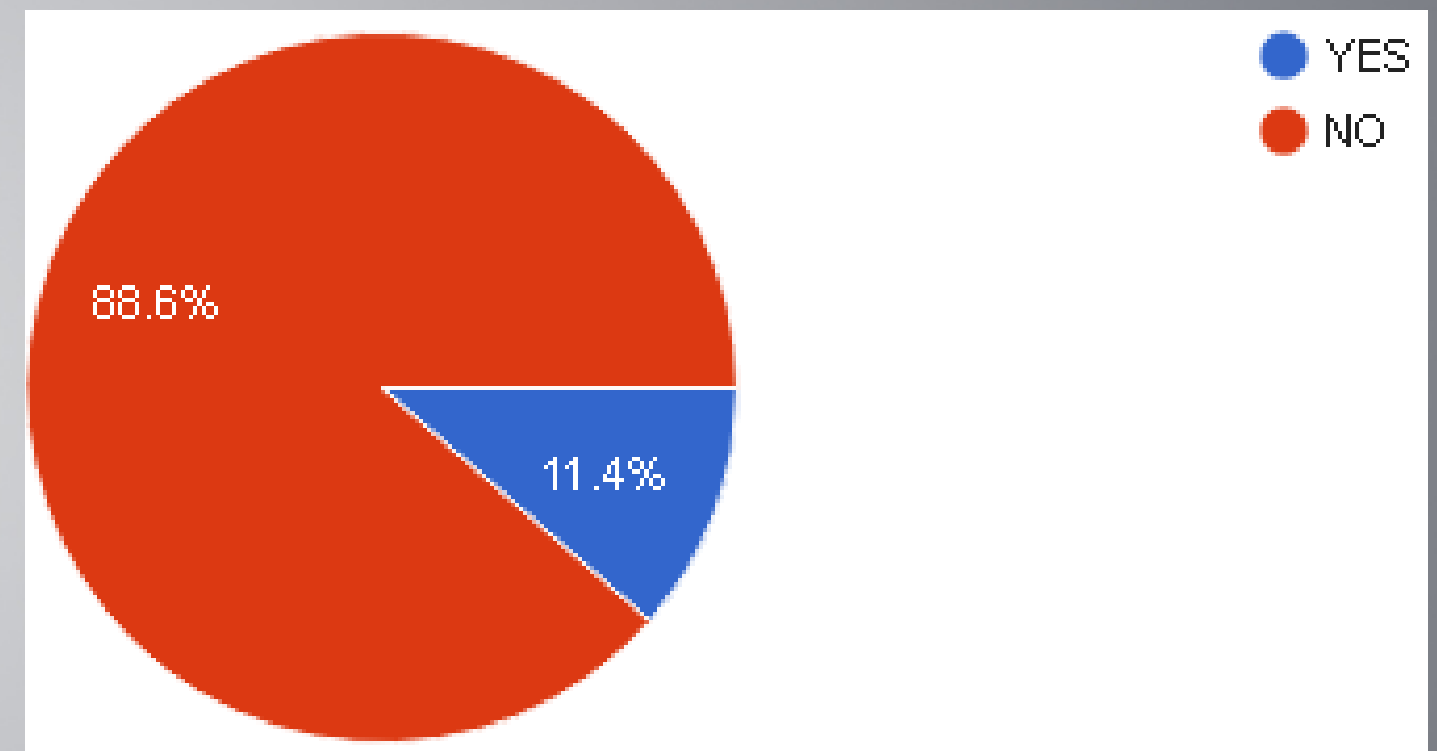
Q5. Is there something you experience during most of your days ?



Q6. Do you have any idea about sleep disorder and it's solutions ?

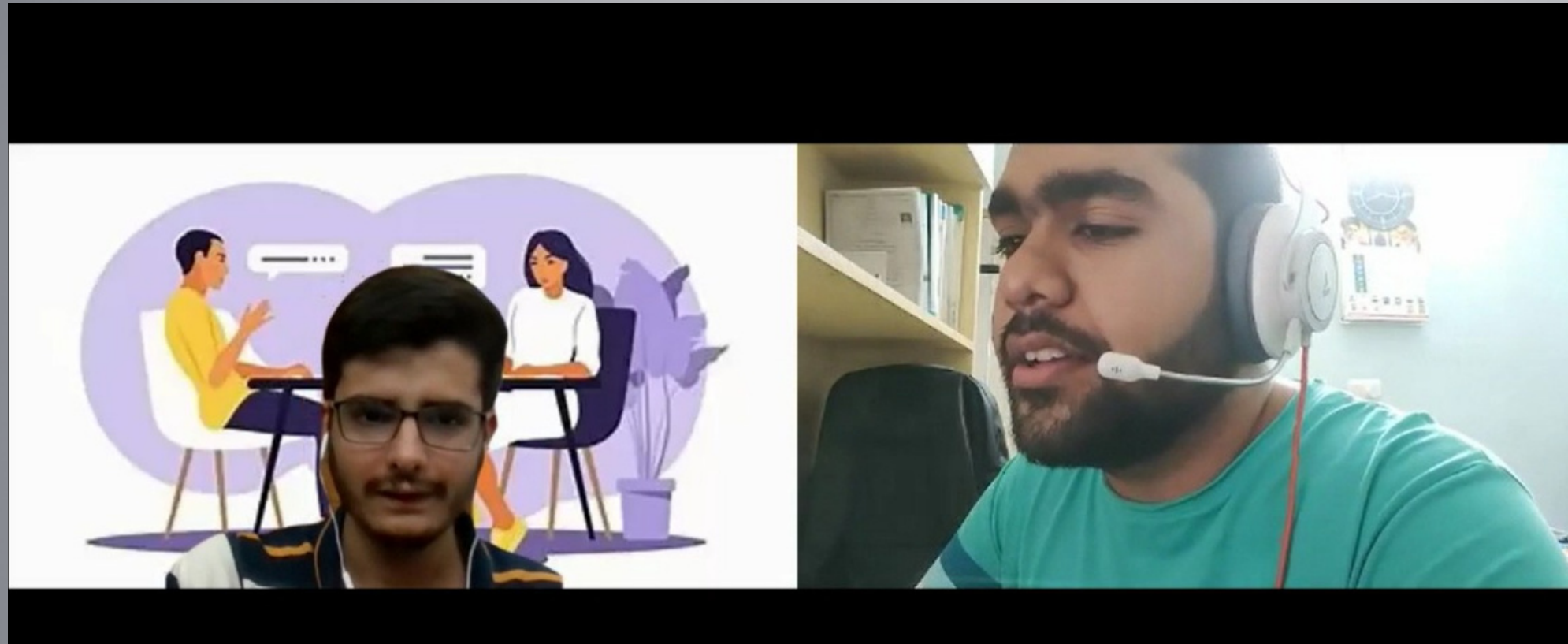


Q7. Do you know any other application that solves sleep disorder problems?



Qualitative Analysis

1.



[link of video....click here](#)

Interviewer
Lakshya kumar

Interviewee
Muhammad Ali

Doesn't have a proper sleeping schedule, which leads to problems like tiredness and unproductiveness.

What is your occupation? /
What are you currently
doing?

I am an undergrad student

Are you stressed,
depressed, or feel sleepy
most of the time?

Yes, I feel too much sleepy
most of the time.

What are your sleeping
hours? Do you feel
comfortable with them or

Sometimes I sleep for
4-5hrs and sometimes
10-12hrs .

Do you face any difficulty
in sleeping? Can you
explain them, please?

It is very uncomfortable as when I
sleep for 4-5hrs, I feel very tired and
if I sleep too much it becomes very
unproductive.
When I have some work to do and its
bedtime but I can't sleep and after
finishing my work I can't sleep at that
point in time

Do you get negative
thoughts while waking up
or feel weak and fatigued

When I sleep less, I feel too
much tired and don't want to
wake up then and when I sleep
more than usual then I feel that
I have wasted my time and that
has a negative impact.

Have you tried solving
these problems? Have you
tried any app or watched

I started working out as
then I will become tired and
get to sleep easily but it
didn't work out for me.

What was your
experience with them?
Would you recommend
those to anybody?

As I don't get to sleep easily because of
overthinking so if someone doesn't do
physical work and is not able to sleep because
of that then I will recommend working out to
him but if someone is not able to sleep
because of anxiety, overthinking, etc. then I
will not recommend working out to them. But
they can obviously do that for their physical
health.

Were you successful in them?
Did you find a cure for your problem? If yes, for how long?
Did you stick to the same cure every day or did you get bored from it or felt that the cure stopped working after a few days?

Not able to find any cure till now, uh, searching for it.

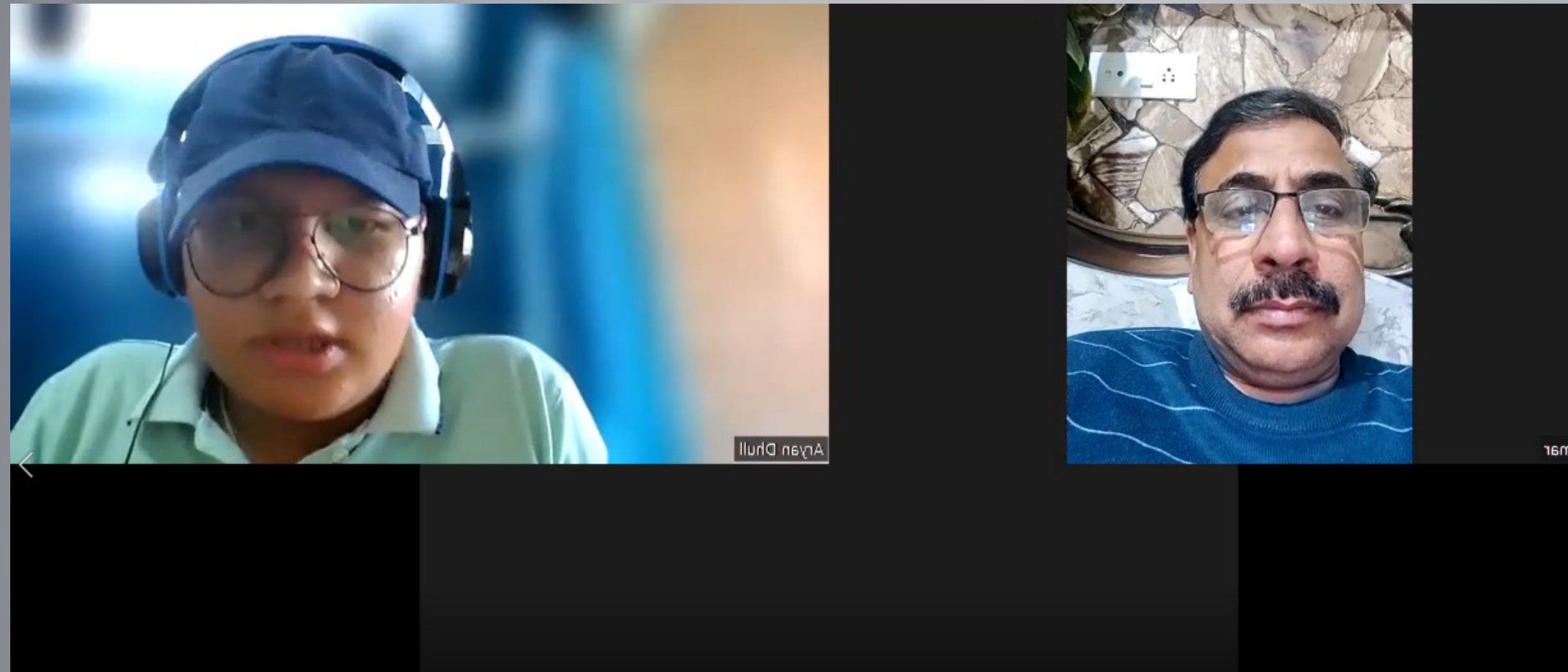
What do you expect from an app, trying to solve this problem?
Can you elaborate on any functions that you feel are essential for such an app?

It must have some satisfying nature voices so that I can sleep peacefully.

Would you like to be dependent on the mobile application, or would you like a solution that can help you solve this problem on limited usage?

I would like not to go to any app but if my problem is not getting solved without going to the app then I will definitely go to the app to solve my problem
I have 1-2 friends that have these problems, my one friend listens to nature's voices rain voices at night so he can feel peaceful and have a good sleep.

2.



[link of video...click here](#)

Interviewer
Aryan Dhull

Interviewee
Ashok

Faces tiredness even after
sleeping 8hrs daily.
His wife has problem in
sleeping at night and faces
tiredness throughout the day.

What is your occupation? /
What are you currently
doing?

I am a central govt
employee

Are you stressed,
depressed, or feel sleepy
most of the time?

No

What are your sleeping
hours? Do you feel
comfortable with them or

I sleep around 8 hours per
day and I think so... I
should take more sleep of
about 1-2 hours more

Do you face any difficulty
in sleeping? Can you
explain them, please?

No difficulty in sleeping

Do you get negative
thoughts while waking up
or feel weak and fatigued

No negative thoughts but
sometimes I feel tiredness
and I think that I feel tired
because of less sleep.

Have you tried solving
these problems? Have
you tried any app or
watched youtube
videos to solve this
problem?

In my house my wife has a
sleeping problem she is not
able to have good sleep at
night because of which she
feels too tired in the day
and feels low.

What was your
experience with them?
Would you recommend
those to anybody?

We haven't tried to get solutions, we
have tried some ways but they weren't
so helpful

Were you successful in them?
Did you find a cure for your problem? If yes, for how long?
Did you stick to the same cure every day or did you get bored from it or felt that the cure stopped working after a few days?

Not able to find till now.

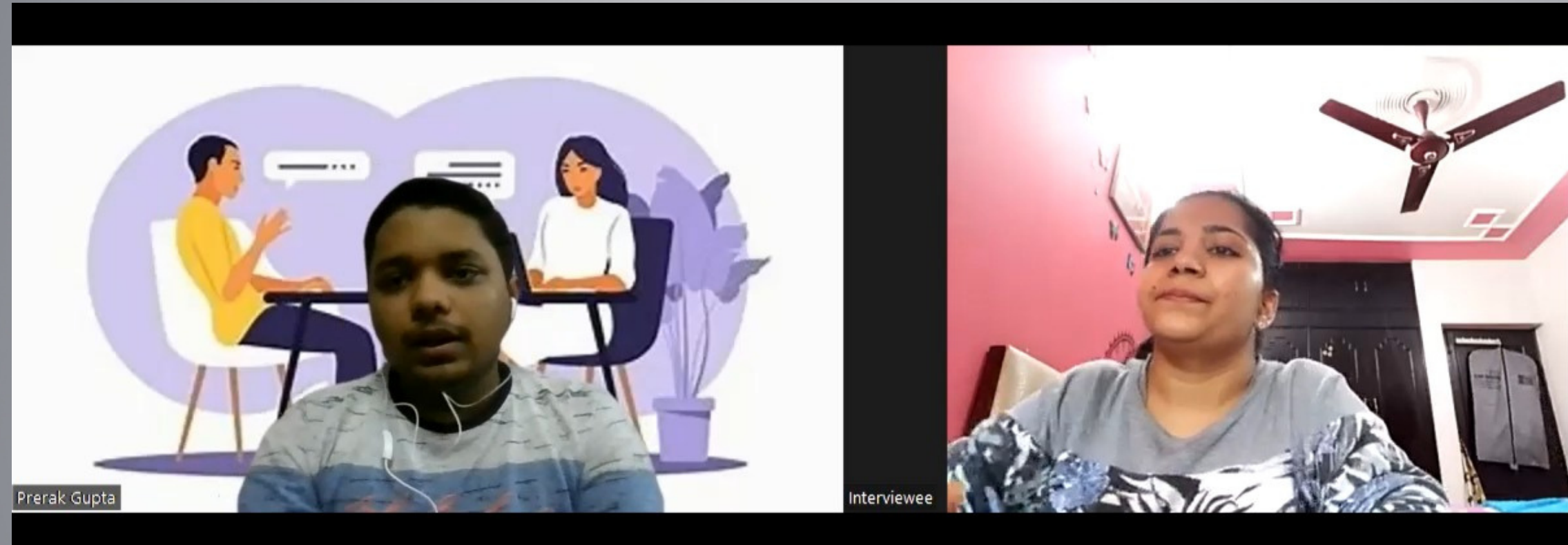
What do you expect from an app, trying to solve this problem?
Can you elaborate on any functions that you feel are essential for such an app?

App that can relax my mind,
make me relax from tiredness

Would you like to be dependent on the mobile application, or would you like a solution that can help you solve this problem on limited usage?

I will use that app regularly if that app can relax me.

3.



[link of video...click here](#)

Interviewer
Prerak

Interviewee
Isha

Needs an app that helps her to manage her workload and her sleep schedule in productive way so she can manage her time well.

What is your occupation? /
What are you currently
doing?

I am Pursuing BFA currently.

Are you stressed,
depressed, or feel sleepy
most of the time?

Not most of the time but
sometimes due to
assignments.

What are your sleeping
hours? Do you feel
comfortable with them
or do you
feel you need more or
less sleep?

Sleeping hours around 5 to
6hrs and moderately
comfortable.

Do you face any difficulty
in sleeping? Can you
explain them, please?

No difficulty in sleeping

Do you get negative
thoughts while waking up
or feel weak and fatigued

No negative thoughts or feel
weak or fatigued

Have you tried solving
these problems? Have
you tried any app or
watched youtube
videos to solve this
problem?

Never tried to solve sleep
issues

What was your
experience with them?
Would you recommend
those to anybody?

N.A.

Were you successful in them?
Did you find a cure for your problem? If yes, for how long?
Did you stick to the same cure every day or did you get bored from it or felt that the cure stopped working after a few days?

N.A.

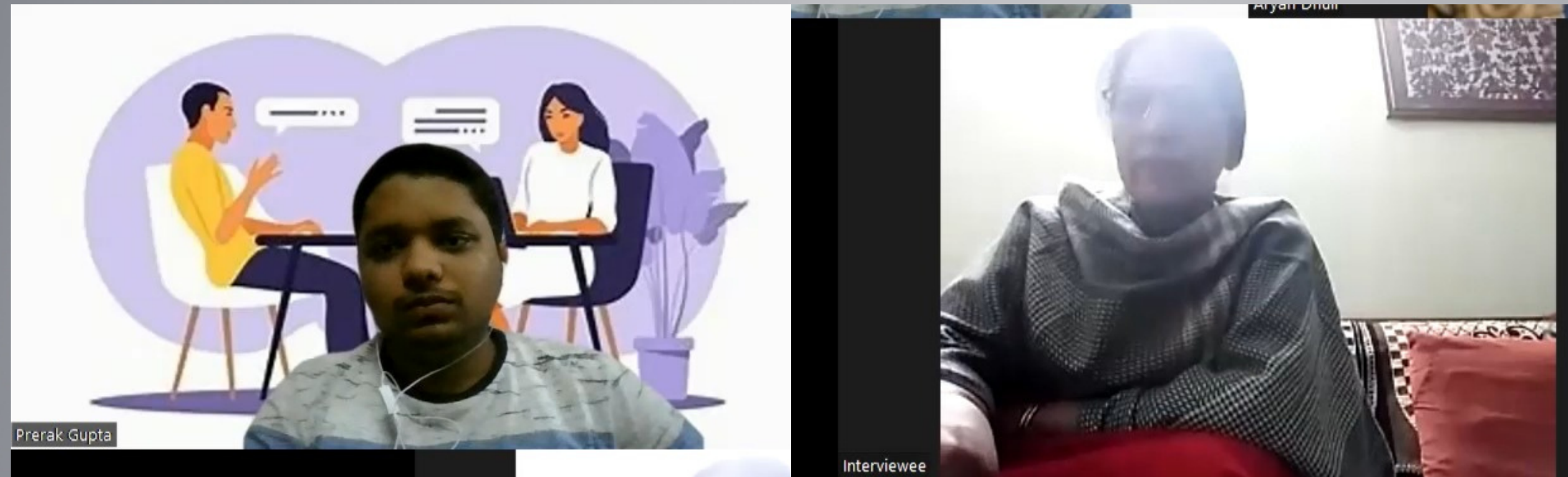
What do you expect from an app, trying to solve this problem?
Can you elaborate on any functions that you feel are essential for such an app?

Would expect regulate sleep, track sleep properly , dealing with stress and managing assignments.
I have to make lot of art works so like i am mentaly more stressed than physically i would love if that app would help me manage my work as well like know getting a good time table of sleep cycle like that.

Would you like to be dependent on the mobile application, or would you like a solution that can help you solve this problem on limited usage?

No
(Don't know anyone who suffers from sleep disorder)

4.



[link of video...click here](#)

Interviewer
Prerak

Interviewee
Namita Devi

Takes sleep from 6-7hrs and sometimes feels headache because of less sleep. Faces huge problems in sleep whenever having migraine attacks.

What is your occupation? /
What are you currently
doing?

I am in the insurance
business and I am a
financial advisor.

Are you stressed,
depressed, or feel sleepy
most of the time?

Sometimes I feel sleepy.

What are your sleeping hours?
Do you feel comfortable with
them or do you feel you need
more or less sleep?

My sleeping hours are 6-7 hours
and I'm comfortable in it but
sometimes I feel my sleep is not
complete and then I have a
headache in the morning.

Do you face any difficulty
in sleeping? Can you
explain them, please?

Normally I have no problem in sleeping
but when I have stress, tension, etc. then I
face a problem in sleeping I have migraine
problems so because of that my sleeping
schedule remains disturbed. I face this
problem for 3-4 days and then after that
period I can have a good sleep.

Do you get negative
thoughts while waking up
or feel weak and fatigued

No negative thoughts or feel
weak or fatigued

Have you tried solving
these problems? Have
you tried any app or
watched youtube
videos to solve this
problem?

No, I haven't used any
application but whenever I
have stress then I do
meditation to get relaxed

What was your
experience with them?
Would you recommend
those to anybody?

N.A.

Were you successful in them?
Did you find a cure for your problem? If yes, for how long?
Did you stick to the same cure every day or did you get bored from it or felt that the cure stopped working after a few days?

N.A.

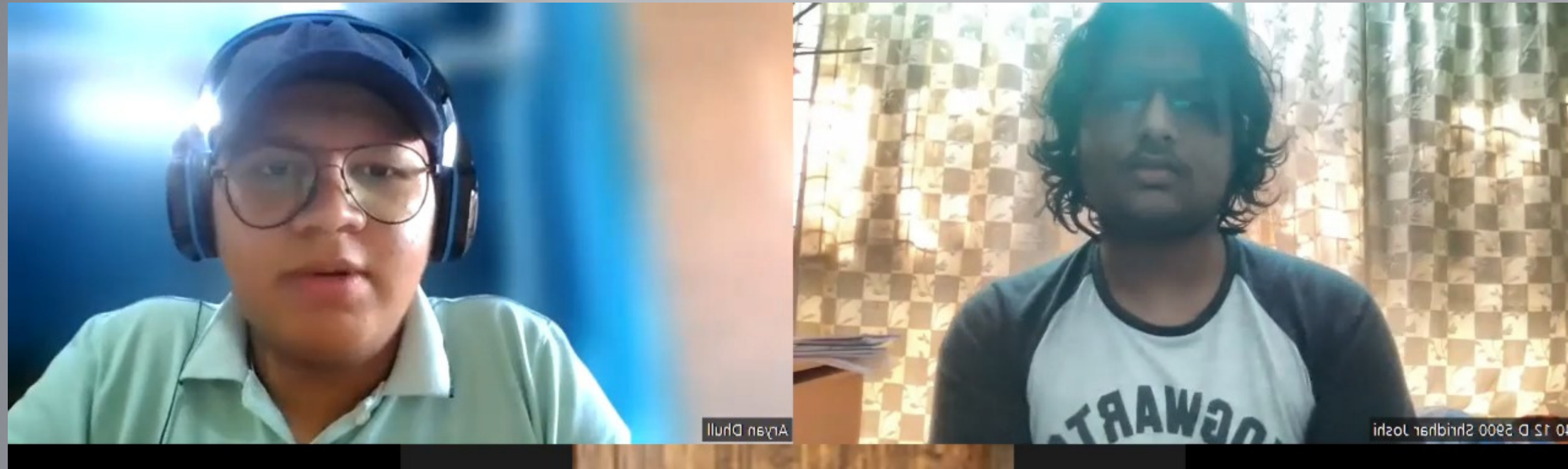
What do you expect from an app, trying to solve this problem?
Can you elaborate on any functions that you feel are essential for such an app?

Meditation helps me a lot
It should relax me from stress and it should help us with some internal problems that we are not able to understand. Normally we think that stress, workload, etc are the reasons for disturbance in sleep but there can be many reasons other than that we are not able to understand. It should tell proper reasons

Would you like to be dependent on the mobile application, or would you like a solution that can help you solve this problem on limited usage?

My mother also has sleeping problems. She doesn't do anything about that. She will not be able use the app but with someone's help, she can use the app. If I get benefit then I will definitely use the app
I will be dependent on the app for limited usage.

5.



[link of video...click here](#)

Interviewer
Aryan Dhull

Interviewee
Shridhar Joshi

Feels tired even after 6-8hrs of sleep. Sometimes it is hard for him to get to sleep. Most of his friends have trouble sleeping because they have terrible sleeping hours.

What is your occupation? /
What are you currently
doing?

I am an undergraduate
student at MAIT currently.

Are you stressed,
depressed, or feel sleepy
most of the time?

Yes I do. Most of the time
like I keep feeling sleepy
even after I've just woken
up after 6-8 hours sleep I
am still tired and I wish I
could go back to sleep.

What are your sleeping hours?
Do you feel comfortable with
them or do you feel you need
more or less sleep?

I feel like I get more than enough
sleep like I sleep for 6-8 hours
but even after that like I said I still
feel tired.

Do you face any difficulty
in sleeping? Can you
explain them, please?

Well sometimes it is hard to get sleep.
You know I just end up doom scrolling
on Instagram or something and so
yeah it takes some time to sleep.

Do you get negative
thoughts while waking up
or feel weak and fatigued

Umm no not usually but
when I wake up sometimes I
do feel you know tired like I
need to go back to sleep.

Have you tried solving
these problems? Have
you tried any app or
watched YouTube
videos to solve this
problem?

No I don't

What was your
experience with them?
Would you recommend
those to anybody?

I have not actually done that.

Were you successful in them?
Did you find a cure for your problem? If yes, for how long?
Did you stick to the same cure every day or did you get bored from it or felt that the cure stopped working after a few days?

I do try to listen to some white noise when i go to sleep but not really
Umm like i said i have not tried to fix it so if i haven't tried something i can't really help it fix.

What do you expect from an app, trying to solve this problem?
Can you elaborate on any functions that you feel are essential for such an app?

Right I would expect app would you know it would provide complete step by step solution and not just you know give me bunch of things all at once to do. Right so not just... right i mean like you know instead of just overloading me with information or you know give me a bunch of things to do i'd like it was more gradual and not just a sudden like boom that's all you have to do.

Would you like to be dependent on the mobile application, or would you like a solution that can help you solve this problem on limited usage?

I'm sorry I really don't know
Right I'd prefer it was limited usage because you know i feel like all .. I already spent too much time on my phone and you know being completely dependent on the app would probably just take away from like my aa.. from improving my sleeping habits so yeah
Yes I do most of my friends they just have trouble sleeping they have terrible sleep hours
Mostly they are not but they are looking for ways to cope with it
they are some of them are trying to you know close off their phone like an hour or 2 before going to sleep so that it helps but that's about it.

Findings and Insights

- Many people don't know anything about the causes of sleep disorder
- They don't even try to understand the cause or try to solve it
- They take it very lightly and doesn't view it as a solemn issue which might have fatal repercussions
- There was a positive response from people to use the app but for limited usage of the app
- App should have information in a simple and organized manner
- Most of the people doesn't have a proper sleeping schedule and it becomes problematic for them
- Some people avoid using phones at the time of sleep, so we will add a feature of locking other apps at the time of sleep
- People focused on stress-relieving as the biggest feature that an app should have
- Different requirements of sleeping hours for different people

Thank you