

Feedback fatigue work-shop



Hello ! As part of the volunteers of my experiment I was hoping you could fill in this small questionnaire to have your feedback on the lesson I gave you. Please answer truthfully so that the information is as accurate as possible. This questionnaire is completely anonymous. This should not take more than 5 minutes of your time. Thank you for your time.

1. How interesting did you find the content of the lesson? *

Mark only one oval.

- ☐ Not interesting
- ☐ Mildly interesting
- ☐ Interesting
- ☐ Very interesting

2. Did you enjoy how the lesson was structured? *

Mark only one oval.

- ☐ Not at all
- ☐ Not really
- ☐ Moderately
- ☐ Absolutely

3. What parts of the work-shop did you enjoy learning about the most? *

Tick all that apply.

- ☐ The entire work-shop
- ☐ The introduction of sleep and how it works
- ☐ The personal experience of myself and participants (partying, alarm clocks...)
- ☐ The benefits of sleep
- ☐ The detrimental effects of fatigue
- ☐ How modern society effects sleep loss
- ☐ The effects of alcohol and caffeine on sleep
- ☐ The effects of blue light on sleep
- ☐ What the body needs to fall to sleep (cool down, darkness)
- ☐ The effect of stress on sleep + showing my sleep tracks on fitbit app
- ☐ The 12 suggestions to improve your sleep
- ☐ Bonus suggestions for jet lag
- ☐ The creation of a presleep ritual

4. Do you have any remarks or recommendations on how this lesson could be improved for the future?

5. Did you follow the ritual that we made in class? *

Mark only one oval.

☐ Yes *Skip to question 6*

☐ No *Skip to question 8*

Follow the ritual

6. Do you believe that the ritual helped you sleep better? *

Mark only one oval.

☐ Yes

☐ No

7. Are you still doing the pre-sleep ritual? *

Mark only one oval.

☐ Yes *Skip to question 10*

☐ No *Skip to question 8*

Stopped ritual

8. How long did you try the ritual for? *

Mark only one oval.

- ☐ 0 nights
- ☐ 1 night
- ☐ 2 nights
- ☐ 3-4 nights
- ☐ 1 week
- ☐ 2 weeks
- ☐ 3 weeks
- ☐ 1 month

9. Why did you stop using the ritual? (Please detail as much as possible) *

Skip to question 11

Continue ritual

10. Please indicate why you like using the ritual (detail as much as possible) *

Recommendation

11. Would you recommend this work-shop to other students? *

Mark only one oval.

- ☐ Not recommended
- ☐ Slightly recommended
- ☐ Recommended
- ☐ Very recommended