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Sleep: Focus Group 5

P1: Hannah

P2: Eli

P3: ~~Adrian~~ Jordan

- Q1 P3: I have 15 & no effect on my schedule
P1: Same, but I have 16 credits
P2: I'm in 15 and it may have an effect but there are other factors
- Q2 P3: My body tells me when to sleep. When I do my homework earlier in the day
- Q3 P1: Netflix
P3: I don't take naps because it really messes up my schedule
P2: Video games and staying on social media on my phone at night
P1: Napping more than 30 minutes messes me up
P3: That's why I don't nap anymore. But I do sleep in summer when I know I have nothing to do
P1: I think I can stay up late to do homework, but I lose motivation because I'm tired
- Q4 P1: I slept rather than studying for a quiz because I get so tired
P2: My ability to take notes in class is affected when I'm really tired. I have a 4pm class and it's a struggle
P3: Having classes really spread out sucks because you go home & nap & then don't want to go back
- credit hours not the main thing that affects sleep
- Attention to body - when to time thing
- reasons not to nap - messes up schedule
- screen time impact
- naps mess up schedule
- naps in summer - nothing to do
- difficulty doing homework late at night - too tired
- sleep instead of studying
- trouble w/ concentration late in day
- schedule issues, naps

Q5 P3: I don't take anything. Coffee doesn't work for me
P1: Coffee & any other kind of caffeine. Redbull
& maybe Adderall

P1: Even when I'm eating I'll stay up

P2: I don't drink caffeine. I won't stay up late to study
because I know what I know and I'll just sleep.

Q6 P2: I make a set schedule.

P3: I make my day long enough so that I'll crash
when it's time for bed. I'll go to the gym.
I'm a morning person. I like my days to feel
really long so that I feel like I can go to bed
at night.

Focus Group 3.

1.

P10. Taking ~~to~~ work affects more
 P9. Also taking affects alot
 P8. 15 doesn't affect sleeping class in more
 P6. 16.

P1. 15. work affects more.

P7. Social life

P3. Depends on classes.

P4. Each class has diff demands.

2. P2. Exam affects sleeping

P10. work affects sleeping

P4. Mwd

P3. Needs sleep to function.

P10. Don't like naps.

3. P4. depends on assignment.

P3. Personal preference for sleep.

P10. depends on instructor.

4. P5. likes naps just notime.

P9 affects sleep at night

P2. Too much to sleep

5. Coffee (collective)

P10. Green tea.

6. P10. Z quill

P3 & P5. Melatonin.

(collective) to the side.

P7. Sheet fabric affects sleep

P4. Needs noise

P3. Having a bed time ritual. eg.
watching tv show before bed time.

P9. Water helps.

P9. Workload helps keep awake.

P3. Eating healthy

7. P3. Stays on campus.

P5. Don't go home.

8. How many times i get up a night.

P3. Three times a night (light sleeper)

P10. Wake up 4 times (light sleeper)

P3. Environment toddler who screams.

P10. Glass of wine.

P3.3 Beer sleep Great.

P4. Alcohol helps you fall asleep easier.

Focus Group Questions for Group 3

P1
P2
P3
P4
P5

P6
P7
P8
P9
P10

Q1 How many credits? Affect sleep?

P1 18 - work affects more

P9 18 - affects me, 2 writing class

P8 15 - none

P6 16 - live had more. No job

P1 15 - work affects more than school

Q work affects more

P3 taking more credits, but types of classes affect more

P4 Upper division takes more time.

Q2 Encourage sleep?

P2 I sleep more if I have something important

P10 Need sleep to work

P3 in better mood

P10 No naps - decrease sleep

Q3 sleep affect grades?

P4 Depends on what it is - essay yes, test no.

P3 I need more sleep to function

P10 depends on class

Q4 Naps

all No one likes naps

P₁ I like naps, but lose sleep
P₂ stress when trying to nap
P₃ agree

Q₅

P₁ Green tea all: coffee
P₂ Z-quill to sleep
P₃ melatonin - night time routine
P₁ Put cell aside
P₃ Don't cuddle it
P₁ Type of sheets
P₁ White noise - like a fan
P₃ watching TV show helps
P₁ Then you miss episodes
Q Keep you awake during day
P₁ exercise
P₁ work that I have
P₁ food
P₁ work at school
P₃ eating well - feels functional
Q Go home?
P₃ none
P₃ same - camp out here
P₁ I go off and on
Q Does water help
P₁ water helps w/ green tea
P₂ Helps with dry mouth
P₃ I'll be up peeing all night.
Q
P₃ 3 times a night - light sleep, can't sleep
w/ urine in body
P₁ Wake up a lot. - dog + people

P7 Sleep better w/ alcohol
P10 Glass of wine
P3 A few beers
I never wake up feeling rested
drinking a bunch. NO REM

① Stephanie / Group 2 *

② Josh

③ Gabby



Group 5

① Stephane - does affect sleeping habits, night before test, less sleep or if no test doesn't affect

② bby 15 - 1 sleep a regular amount

③ Gabby

gabby ③

2

Josh

② If I'm tired I go to sleep

Question

3

① nap then on my phone and then
30 minutes later I'm still up

③ I nap for like 5

③ I nap for like 6 hrs, if my alarm goes off I'm mad. I love naps, I take them all the time. Sometimes I push off homework to nap and lack motivation.

question

4

③ other day I pushed off a quiz
and it got so late that I
kept a 3 on a quiz because
I was so tired.

②

Weston

五

③ same.

① class 9am-5pm and I only had an hr break

question

6

② Adderall

- ① I don't drink caffeine at all.
If I'm eating, I'm awake.
like I did that last night
doing homework
-

question

7

any components that
affect your sleep we
didn't cover?

- ③ How do you physically get
out of bed?

FOCUS GROUP 5

GROUP 2

Person 4 - Jencya
Person 5 - Julian

- Q1 P4: —
P5: 19 credits but kinda certain classes are harder than others
- Q2 P4: —
P5: Sick, stop doing hw or friends
person 4 on her phone the whole time
- Q3 P4: I took a nap yesterday and it helped
P5: class nap at night not a good idea so stopped
- Q4 P4: —
P5: yes, class is boring
can stay up all night
I go to get attendance, like for stats I am not there at all
Take classes in the morning ~~else~~
then do hw at night
- Q5 P4: —
P5: caffeine, diet coke
I just sleep in the next day
- Q6 P4: —
P5: what does it look like at 5am
a comment to another student

4/11

Chelsie H

HS306 Group 2

Conduct Focus Group

5 Question 1 & Question 2
- CT:

4 Plush - upper division - but the more busy work.
② Better modes

3 Jen - More credits than prevs - electives - more

2 ^② ^② Jen
- ~~MB~~ - Exams the next day -

1 - MB = 15 credit hrs - Work - affects sleeping
Work & soc

#3 Plush - Lets sleep working on essays
Jen - more sleep than other people.

#4. Don't like to ~~take~~ take naps.
? - can't sleep b/c of things, the

#9. ^(?) eating breakfast he - alarm with sleep
Jen - melatonin - night time route.
watching tv - helps.

Plush - light
naps

#5- During the day ^{Keeps you up} - up

Exercising
taking naps
Jen-eating good
zero-Jen, CT,

Staying Hydrated

? = Dry mouth - helps sleep.
Jen - staying up.

Jen ~~wakes up~~ wakes up 3 time a night. sleeper.
multimin - still gets up - does effect.
- Beer drink a before bed.

-
Jen -

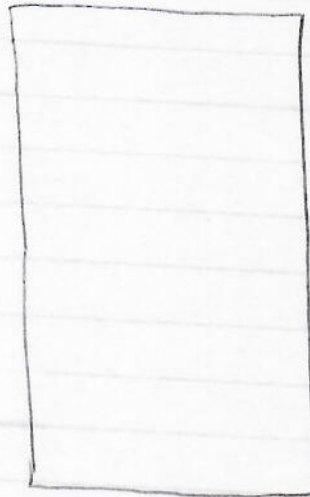
temperature in the room?

Group 2 moderated → Group 3 Chelsie

EAST

MD

DODR



☐ P1

☐ P2

☐ P3

☐ P4

☐ P5

I only focused on ~~what~~ ~~the~~ those people said

Question 1

P4: upper division classes



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