

# FOCUS GROUPS

## UGA Sleep Study

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### Overview

The second component of our User Research was to hold focus groups for multiple athletic teams, where we administered a survey and held an open dialogue about current student-athlete sleep patterns at UGA. This data was a valuable addition to our User Research. While the book gives us general knowledge about the way sleep works and the importance of getting enough sleep, the survey results from student athletes on campus provide more targeted data that speaks specifically to the knowledge, views, and beliefs of student-athletes here at the University of Georgia. We were able to learn more about their sleep habits and perspectives, which allowed us to gauge what they want and what they need out of this project. Below, we have provided a copy of our survey.

# Survey

## *Focus Groups - Sleep Habits Questionnaire:*

Name (optional):

Gender:

Year:

Sport:

Position on Team:

**\*Bolded questions are questions asked in discussion. These are more open ended and serve as qualitative data. Each student-athlete will state their year before answering.**

**\*Non Bolded questions are survey questions that the athletes will fill out without additional discussion.**

**What do you think about sleep?**

**How do your sleep habits & sleep quality change when your sport is in season vs. out of season?**

**Which of these most affects your athletic performance?**

- **Sleeping**
- **Eating healthfully**
- **Practice**

**How does sleep affect your performance academically and in your sport?**

**Have you ever taken steps to improve your sleep?**

**Is there a routine you follow or anything you do before you go to bed to help you sleep?**

Name (optional): \_\_\_\_\_

Gender: \_\_\_\_\_

Year: \_\_\_\_\_

Sport: \_\_\_\_\_

Position: \_\_\_\_\_

1. On average, how much sleep do you get per night on a week night?

\_\_\_\_\_

2. On average, how much sleep do you get on a weekend night?

\_\_\_\_\_

3. How long does it take you to fall asleep?

- 0-10 mins

- 10-30 mins

- 30 mins-1 hour

- >1 hour

4. Do you usually sleep through the night or do you have trouble staying asleep?

- Trouble sleeping through night

- No trouble sleeping through night

5. How much sleep do you think you need for your best performance in school and your sport?

\_\_\_\_\_

6. Quickly rank the following priorities from 1 (least important) - 5 (most important): Social Life, Academics, Sleep, Training/exercise, Extracurricular activities

\_\_\_\_\_

\_\_\_\_\_

7. Do you find it difficult to wake up in the morning?

- Yes

- No

8. Do you need coffee in the morning to perform at an optimal level?

- Yes
- No

9. Do you notice that it is difficult to focus during the day because you are tired? How often?

- Yes, \_\_\_\_\_ times per day
- No

10. Do you fall asleep with TV/music/noise?

- Yes
- No

11. Do you take medicine to help you sleep?

- Yes
- No

12. Does the temperature of your sleep environment impact your ability to fall asleep or stay asleep?

- Yes
- No

13. What is the optimal temperature for your sleep environment?

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14. Do you sleep alone at night?

- Yes
- No

15. Do you usually nap during the day? If yes, how long?

- No
- 0-30 mins.
- 30 mins - 1 hour.
- >1 hour.

16. Check any of the following that disturb the quality of your sleep:

- Roommate
- Noise
- Light
- Caffeine
- Dreams
- Eating certain foods; what kinds? \_\_\_\_\_

- Technology use before bed
- Other: \_\_\_\_\_

17. Do you use your phone/computer/technology right before bed?

- Yes
- No

18. Would you be interested in a device that tracks your sleep?

- Yes
- No

19. Do you wear a watch, Fitbit, or jewelry to bed?

- Yes
- No

20. If you had more information on your sleep (quality, quantity, efficiency, etc.), would that encourage you to change your sleep habits?

- Yes
- No
- Maybe

Would you be willing to follow up with this survey? If so, please provide an email address:

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