

Procedure

1. Review informed consent protocols and gather signed consent from all participants individually.
2. Conduct individual preliminary interviews via Zoom.
 - a. Age
 - b. Major/College/Year
 - c. What is your living situation (Collegetown apartment, dorms, etc. Roommates)?
 - d. What involvements do you have this semester (clubs, sports, etc.)?
 - e. How many credits are you taking this semester?
 - f. How rigorous do you find this semester's workload?
 - g. What major milestones/exams will you have over (*the time period of the study*)?
 - h. How many hours of sleep do you typically need to feel well-rested? (What is your optimal amount of sleep)
 - i. What commitments typically cause you the most stress, worry, and/or time?
3. Conduct contextual interviews with participants:
 - a. Describe your typical sleep schedule during a typical week as a college student (when you go to bed, when you go to sleep, and how much sleep you usually get)?
 - b. What are some of the factors contributing to poor sleep as a college student?
 - c. What have you done in the past to improve your sleeping habits? Have they been successful or helpful?
 - d. How do you currently manage or cope with your sleeping habits? Are there any devices, techniques, or sleep aids that you utilize?

- e. What are some of the barriers or challenges that you face in trying to improve your sleeping habits? This may include academic workload, social life, commitments, etc.
4. Carry out an artifact walkthrough. Gather images of items the participants use daily for sleep, and photos of their bedroom setup.
5. Share diary questions in the form of a Google Form with participants.
6. Set up text notifications to remind participants to log information.
7. Send out daily notifications.
8. Send out follow-up messages to participants to confirm the end of the study and thank them for their time.
9. Share exit interview survey with participants:
 - a. Overall, how did you feel about your sleeping habits this week?
 - b. How do you feel like you could improve your sleeping habits moving forward?
 - c. Were you more aware of your sleeping habits as a result of participating in this diary study? In what ways?
 - d. What were some significant insights or takeaways that you gained from participating in this study?
 - e. Is there anything else that you would like to share or any additional feedback you have about participating in this diary study?