Sleeping Habits Survey

1. Do you have a regular bedtime and wake-up time?

   Marca solo un óvalo.

   - ◯ Yes
   - ◯ No
   - ◯ It changes depending on my schedule

2. How many hours of sleep do you typically get per night?

   Marca solo un óvalo.

   - ◯ 0-4 hours
   - ◯ 4-6 hours
   - ◯ 6-7 hours
   - ◯ 7-8 hours
   - ◯ 8+ hours

3. Do you often feel tired or run down during the day?

   Marca solo un óvalo.

   - ◯ Yes
   - ◯ No

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

Marca solo un óvalo.

- 0-15 minutes
- 16-30 minutes
- 31-45 minutes
- 46-60 minutes
- +60 minutes

5. Do you have trouble staying asleep?

Marca solo un óvalo.

- Yes
- No

6. Would you monitor your bedtime, if it was accesible and it would improved your sleep.

Marca solo un óvalo.

- Yes
- No

7. Have you ever tried any remedies to improve your sleep?

Marca solo un óvalo.

- Yes
- No

8. Would you avoid taking sleeping pills if you had the possibility to do so?

Marca solo un óvalo.

- yes
- no

9. Does the presence of any of these affect your sleep?

Selecciona todos los que correspondan.

- [ ] Sound/ music
- [ ] Light
- [ ] Smell
- [ ] None of the above

10. How much would you be willing to pay for a product capable of tracking different vitals and a multi sensorial item which improves your sleep quality?

Selecciona todos los que correspondan.

- [ ] 100-150€
- [ ] 150-200€
- [ ] 200-250€
- [ ] 250-300€
- [ ] 300-350€
- [ ] 350-400€