

Sleep-App Acceptance Questionnaire

Note. -R: answer needs to be reversed.

1 Performance Expectancy

- PE1 The SleepCare app provides me information about sleep
 - PE2 I feel relaxed assisting by the SleepCare app
 - PE3 The SleepCare app helps me to sleep better
 - PE4 The SleepCare app provides me clear insight into my sleep pattern
 - PE5 The SleepCare app provides me enough control over my own intervention
 - PE6 Using the SleepCare app, I can do the exercises independently and stay anonymous
 - PE7 The SleepCare app fits my personality
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2 Effort Expectancy

- EE1 The use of the SleepCare app gives me no ambiguities
 - EE2 The SleepCare app is easy to use
 - EE3 Learning to work with the SleepCare app is easy for me
 - EE4 Utilizing the app gives me little trouble
 - EE5-R Using the SleepCare app is too complicated so I find it hard to understand
 - EE6 The app fits in with my daily life
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3 Social Influence

- SI1 I think that my friends would recommend I use the SleepCare app
 - SI2 I think that my family would think I should use the SleepCare app
 - SI3 I think that the people in my work environment would encourage me to use the SleepCare app
 - SI4 I think that other people with sleep problems would encourage me to use the SleepCare app
 - SI5-R I think that my surrounding would think negatively of a person who uses the SleepCare app
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4 Self-Efficacy

- SE1 I can work well with the SleepCare app without help from others
 - SE2 I will be able to use the SleepCare app as long as nothing abnormal happens
 - SE3 I can work independently with the SleepCare app
 - SE4 I am sure that I'm using the SleepCare app in a good way
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5 Trust

- TR1 I trust the information that the SleepCare app provides me with
 - TR2-R I think the SleepCare app will put my privacy at risk
 - TR3 I am confident that the SleepCare app will work well
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6 Affect

- AF1** Using the SleepCare app is a good idea
 - AF2-R** I hate using the SleepCare app
 - AF3** I find that using the SleepCare app is fun
 - AF4** I find that using the SleepCare app is interesting
 - AF5** The SleepCare app gives me the feeling that my problem is taken seriously
 - AF6** The approach of the SleepCare app makes me feel safe
 - AF7-R** I feel apprehensive when using the SleepCare app
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7 Anxiety

- AN1-R** I'm worried about using the app
 - AN2-R** I'm sometimes afraid of losing information if I press a wrong button
 - AN3-R** I'm afraid to make mistakes in the SleepCare app that I cannot turn them back
 - AN4-R** I feel somewhat intimidated by the SleepCare app
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8 Behavioral Intention

- BI1** I will definitely finish the training
 - BI2** I will definitely fill in the sleep diary every day
 - BI3** I will definitely do the relaxation exercise every day
 - BI4** I will certainly stay compliant to the bedtimes that I have agreed with the coach
 - BI5** I am going to follow up on the sleep tips
 - BI6** I am going to fill in my sleep times in the sleep diary as well as possible
 - BI7** I am going to take the time to do the relaxation exercise every day
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9 Facilitating Condition

- FC1** I have enough knowledge necessary for using the SleepCare app
 - FC2** My mobile phone works perfectly for running the SleepCare app
 - FC3** Where necessary, the SleepCare team will help me to use the SleepCare app
 - FC4** Where necessary, my friends and/or family will help me to use the SleepCare app
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