

# Sleep-App Acceptance Questionnaire

*Note.* -R: answer needs to be reversed.

## 1 Performance Expectancy

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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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