

SunSim UW Student Survey

For more information visit [SunSim](#).

* Indicates required question

1. What is your age? *

Mark only one oval.

☐ 17 - 22

☐ 23 - 25

☐ 26 - 30

☐ 31 - 35

☐ 36 - 40

☐ 41+

2. What is your home faculty? *

Mark only one oval.

☐ Science (includes optometry program)

☐ Math

☐ Engineering (includes Conrad programs)

☐ Health

☐ Environment

☐ Arts

3. Are you a relocated individual. *

Mark only one oval.

- ☐ No, I grew up here in Canada
- ☐ Yes, I come from another country where the climate is similar to Canada.
- ☐ Yes, I come from another country where the climate is somewhat warmer.
- ☐ Yes, I come from another country where the climate is significantly warmer.

Personal Past and Present Experience

Winter Fatigue

Winter fatigue is defined as 'The feeling of lacking energy and/or mood brought on during the winter months when the daylight cycle becomes shorter – typically resulting in reduced productivity and engagement.

For each question, indicate the extent to which you agree with the statement

4. I experience winter fatigue during the winter months. *

Mark only one oval.

	1	2	3	4	5	
Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree

5. Winter fatigue has affected my daily activities? *

Mark only one oval.

	1	2	3	4	5	
Strongly Disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree

Social Jetlag

Social jetlag is characterized by the misalignment between an individual's biological clock and their social schedules, like school and work obligations. When this misalignment persists, it can lead to irregular sleep patterns and various related health issues. Symptoms are generally similar to winter fatigue (ie. poor mood, low-energy, and lethargy) but can also affect other physiological aspects like appetite.

For each question, indicate the extend to which you agree with the the statement

6. I have experienced social jetlag *

Mark only one oval.

1	2	3	4	5		
<hr/>						
Stro	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree
<hr/>						

7. Social jetlag has affected my daily activities? *

Mark only one oval.

1	2	3	4	5		
<hr/>						
Stro	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly Agree
<hr/>						

8. I am seeking a solution to Winter Fatigue AND/OR Social Jetlag. *

Mark only one oval.

- ☐ Actively - I sometimes search for solutions.
- ☐ Passively - I've never searched for a solution but I would be interested in one if it presented itself to me.
- ☐ I am not interested in a solution to winter fatigue or social jetlag.

9. Would you be willing to pay to resolve this problem? *

Mark only one oval.

- ☐ No
- ☐ Yes, I would consider it. - Subscription
- ☐ Yes, I would consider it - One-time fee

10. I have taken the following actions to improve my mental wellness. *

Check all that apply.

- ☐ Going outside early in the morning.
- ☐ Using a mental health or wellness app.
- ☐ Seeking brief (or talk) therapy.
- ☐ Taking vitamin D supplements.
- ☐ Increasing how much I exercise.
- ☐ Working to readjust my sleep schedule to better align with daylight times
- ☐ Other: _____

Light Hygiene

- The term *light hygiene* is used to describe an individual's habits with respect to light - specifically full-spectrum light (eg. daylight).
- Since the human nervous system is positively affected by light of this nature, good light hygiene results in a well-balanced circadian rhythm, improved mood, and increased energy levels throughout the day.
- If the problem is winter fatigue or social jetlag - the solution is would be great light hygiene.

11. If you have tried using artificial light therapy products (like light boxes, sunrise simulators, etc.), What has been your experience? *
(select all that apply)

Check all that apply.

- ☐ Yes, I've used a light box (also known as a SAD lamp, light-therapy light, or full-spectrum bright light therapy lamp)
- ☐ Yes, I use a sunrise simulator light (light brightens to wake).
- ☐ No, I have never used light therapy.

12. If you have tried using artificial light therapy products (ie. light boxes, sunrise simulators, etc.). What as been your experience? *

Mark only one oval.

	1	2	3	4	5	
Very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excellent

SunSim Mobile App

Suppose there existed a free mobile app that effectively enables users to improve and maintain good light hygiene in the winter to avoid winter fatigue and enjoy great energy levels all year.

13. *With regards to the above descriptions of a mobile app, select all that apply.* *

Check all that apply.

- ☐ I would be interested in trying this app.
- ☐ I would be sceptical of this app, but would consider trying it if it were recommended to me.
- ☐ I would not be interested in trying this mobile app.

Final Comments

All comments are read, noted, and may be invaluable to our mission. Thank you for participating!

14. Any additional comments, stories, or suggestions?

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