

Survey Questions

Pre –pod introduction survey

- 1) What is your Job role?
 - Doctor
 - Nurse
 - Allied health professional
- 2) Are you able to take your breaks in a 12 hour shift?
 - Yes
 - No
- 3) How alert do you feel after your night shift?
 - Very alert
 - alert
 - Not alert
- 4) Are you aware of any designated rest areas in your department?
 - Yes
 - No

Post-pod introduction survey

- 1) What is your Job role?
 - Doctor
 - Nurse
 - Allied health professional
- 2) Are you able to take your breaks in a 12 hour shift?
 - Yes
 - No
- 3) How alert do you feel after your night shift?
 - Very alert
 - alert
 - Not alert
 - Cannot comment
- 4) After using energy pods do you feel more able to drive?
 - Yes
 - No
 - Don't Know
- 5) Do you think the energy pod will help in wellbeing
 - Yes
 - No
 - Don't know
- 6) Would you recommend the sleep pod to a colleague?
 - Yes
 - No
 - Don't Know

Immediately post pod use survey

- 1) What is your job role?
- 2) How long did you use the energy pod for?
- 3) Do you feel more energised?
- 4) Do you feel more alert?
- 5) Can you highlight any negative points or areas which need to be improved?
- 6) Would you recommend the energy pod to a colleague?
- 7) Comments