Interview

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Do you think you have a high-quality sleep every? Do you feel easy to fall asleep or not?

(First time), Interviewed in 15/9/2019

(Laugh) I have a deep sleep every day. I mean, 'it's hard for somebody to wake me up during my sleeping time. I think whether easy to fall asleep depends on what I have done on that day. For example, if I have a lot of classes, especially when I need to attend the morning class, I feel much easier to fall asleep cause I will feel really tired when I go back home. But if there are few works to do or just a few classes, it would be a little hard for me to fall asleep. Usually, I will watch some TV series, and after a while, I will feel sleepy. So basically it depends on how much works I did.

(Second Time), Interviewed in 16/9/2019

I usually feel that when there are a lot of classes, or if I go out this day, it will be easier to sleep. Especially when I get up very early in the morning, it is easier to sleep at night. But I am, for example, like today, I have been sleeping until noon later when I climbed to the bed at midnight, I must be particularly difficult to sleep.

When do you wake up every day? Wake up by Clock or naturally?

(First time), Interviewed in 15/9/2019

If I have morning classes, 8:00 or 9:00, I need to set up some clocks to wake me up, 4 or 5 probably? You know, participation and attendance are quite annoying. (Laugh) But if I 'don't have classes before afternoon, I will get up late at 12:00 p.m. or 2:00 p.m., find something to eat and start working or studying. Occasionally I use the whole day for relaxing and 'don't study, cause I feel that people 'can't always be in a state of tension.

(Second time), Interviewed in 16/9/2019

If I have a class, I will definitely set alarms, but it is difficult for me to get up, that is, several alarm clocks can't be called up, especially when there is no class. If I don't have morning classes tomorrow, and I decided to

get up early the night before, then this decision basically fails. But if I have morning classes and this class needs to participate and sign in, I will be more conscious. So this thing must be very important.

When do you start your work every day? And the end time?

(First time), Interviewed in 15/9/2019

(Laugh) Usually, I get up after 9:00 o clock if there 'aren't any class, but if I have morning class, I will get up at 6:45, wake up by clocks, and take a bus to school at 7:15. I remember the situation of last semester. Basically, all my classes are afternoon classes, so I get up at nearly afternoon, felt energetic, and then starting studies. But the drawback was I felt really hard to fall asleep at evening, it 'doesn't matter, so I chose that time to do code homework, the assignment of Python, and felt concentrated, go to bad until I felt sleepy, sometimes at 4:00 a.m. or 6:00 a.m., (Laugh) 'it's not that regular

(Second time), Interviewed in 16/9/2019

If there is a class, I will basically get up at 8:00 in the morning. I 'don't want to write anything until 11 p.m. The last semester is more interesting. I went to sleep basically at 11 o'clock or more than midnight. Start to enter the state of learning, and then learn to be three or four in the morning. Because my former roommate is also a night owl, so two people will not feel late at night. At that time, sometimes I learned until 6 or 7 in the morning, then go to bed. This semester, I have to go to the eight o'clock morning class three days a week, it is too late to stay up late at night.

What kind of food or drinks for recovering? (Such as coffee, tea, energy drinks)

(Second time), Interviewed in 16/9/2019

I will drink coffee. Actually, I 'don't drink much. Because I 'don't like the taste of coffee very much, so I buy coffee that is sweeter, like a drink. It must be effective. I feel very sleepy when I drink coffee, but it will work after a few hours. So if I want to be energetic in the afternoon, I have a cup of coffee in the morning. But if I have a cup of coffee in the afternoon, I will feel very sleepy. I will not drink coffee after 11 a.m. if I have a cup of coffee in the afternoon, but at that night I was in a very tired brain, but my body didn't want to fall asleep at all.

Do you exercise regularly? Daytime or evening? How long is it?

(Second time), Interviewed in 16/9/2019

I don't exercise very often now, but I exercised last semester, because during that time, I felt that I was tired like a dog, and my brain can't move at all. So I felt that my physical strength couldn't support my long-term study. I had a fitness card in the gym near my apartment, and then I will go two or three times a week, run, and do a little self-weight exercise. I feel that my body became alive. Fitness is also helpful for my sleep at night. I went to the gym at 7:30 and then came back at night. Took a shower and then played for a while and I feel sleepy. It did work.

What causes do you think will trigger that hard to fall asleep.

(Second time), Interviewed in 16/9/2019

I think the mobile phone. It is too easy to prevent people from falling asleep, reading novels, brushing Weibo, I always brush until 4 a.m. is completely unconscious. Playing games also prevent people to fall asleep, especially when playing games with friends, the time goes very fast. The factor that helps people fall asleep, if you go out to this day, probably you will feel very tired and will fall asleep easily at night.

Data Analysis:

1. Fitness could affect positively for falling sleep easily

Through interviews, I found that the interviewee had fitness experience last semester, the intention of that was to help her be more energetic to sustain a long-term study. Fitness at night (with showing and a little entertaining) helped the interviewee to fall asleep more quickly at the same time. Our interviewee felt relax and physically comfortable, and that physical or psychological comfort helps them come into a more regular circadian.

Based on this finding, we could make a conclusion that fitness could positively affect intelligent performance and mood during the night period. Therefore, regular exercise could be considered as one trigger that helps people.

2. Some smartphones activities before sleep could prevent people get into a sleepy state

We could find an intriguing insight that some specific activities with smartphones could make people feel energetic, including browsing

social media, and chat with people, etc. Therefore, we recommend that users do not use their mobile phones for half an hour to an hour before going to bed to avoid interference from social networks.