

Participant 1:

Q: Do you think you have a high-quality sleep every day?

A: Sometimes. If I have a rest in noon duration, I would be hard falling asleep at night. In addition, I usually sleep a little late, often during 1 am-2am, the late sleep leads my sleep quality not good enough.

This also depends different semester duration. If there is an exam recently, I might within much stress and have to pay more effort for preparing the exam. The huge pressure might lead to the insomnia.

But my sleep quality is quite good. If I fall into sleep, I almost have no dreams and wake up until next morning. Sometimes, if I have an exam next morning, I might wake up earlier.

Q: when do you wake up every day?

A: I often wake up around 7 am in the morning, whatever the time I fall asleep in the last night. In this situation, I would be a little tired if I sleep too late.

Sometimes, if I do my assignment too late, I might wake up late as well.

Q: What kind of food or drink you take every day?

A: I often take meals and water. Sometimes, I like coffee, tea and other caffeine drinks. But these drinks have no effort on my sleep quality.

Q: Do you have regular exercise

A: No. I have no regular exercise. I like basketball, but this is not my regular exercise since there has no count around my home. Thus, I often play basketball when I have free time.

Q: What causes do you think will trigger poor sleep quality?

A: The main problem is the stress. If I have an exam or assignment, I would suffer from insomnia. If I don't have too much pressure in a particular period, I very likely suffer from insomnia as well. Because I like to play mobile phone before sleep. This habit might lead me sleep late.

In addition, the procrastinate also has negative effect. For example, I like put assignment together and complete them in a short duration. This situation makes me have high efficiency.

Participant 2:

Q: Do you think you have a high-quality sleep every day?

A: Yep. I often have a very good sleep quality. I like to drink some milk and eat some fruit before sleep. Based my experience, I found these types of food support me in sleeping quickly. In addition, I have a regular sleep habit. For example, I sleep at 11 o'clock every day, even there are some important think is required to do. This rule makes me plan my time more humanized and scientific. I also wake up at around 7 o'clock morning. I can keep sleep in this entire duration. In this case, I am very suitable for this life habit.

I don't have to have a rest during noon. I tried to have a rest before, but I found it is helpless for me having nice rest. The too short sleep makes me feel too nervous to fall asleep.

Another thing is I like to take a shower before sleep. I feel that if I take a shower, I can fall asleep faster.

Q: So, you wake up at 7 am every day?

A: Yes. I usually get up at 7. I have a very regular sleep habit. If I sleep at around 11 pm, I can get up at 7 am next morning. According the observation of my own situation, 8 hours sleep is the best sleep duration. I would be tired if I sleep less than 8 hours. Meanwhile, if I sleep over 8 hours, it would lead me sleep hardly in the next evening.

On the other hand, sometimes, if I have a party with my friends and play too late. I might get up later. But even in this situation, I could wake up at around 7 am. If I wake up, I would check the time and calculate how long I have rested. If the sleep duration less than 8 hours, I would force myself sleep again. Because I think I need 8 hours for keeping myself with high energy.

Q: What kind of food or drink you take every day?

A: I like tea. Actually, I don't think how effective it has for my sleep. I don't like coffee because I think it is too bitter. As too the food, I like a variety of different types of fish. I also like rice and noodles. This part has no difference between my other friends. In conclusion, my eating habit has no huge difference between others. But I have a habit which I said, I like to drink some milk before sleep.

For breakfast, I like to eat some fast dumplings. For lunch, I often eat in campus. UQU has their own restaurant and this is a good choice. In addition, there are also some India restaurant which sale Kebab, Korean restaurant which sale sushi and rice. There is a pizza restaurant which sale pizza. It just depends my mood and preference.

Q: Do you have regular exercise

A: I think so. I often do some exercise before sleep. But this duration is not very long. During day time, I like to play basketball. But in most case, I have no enough time for doing that. Thus, if we talk about regular exercise, the exercise before sleep should be the only one for me.

As too the details of my exercise, I like to train my chest, and lower body. I often following the guideline from YouTube video.

Q: What causes do you think will trigger poor sleep quality?

A: There almost has no other external reasons can affect my sleep. For example, if I have a assignment tomorrow, I would try to complete that as soon as possible. I will never let it occupy my sleep time. But sometimes, if I have some activity, such as party and travel, I have to change my habit.