

Date:14/09/19

Interviewer: Hailey

Interviewee: Ruby

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

(describe the experience)

R: Yes. I usually sleep between 11PM and 12 PM when I have no assignment, because I usually have classes at 8:00 in the morning, so I usually have seven hours of sleep. Seven hours is not enough for me, eight hours is a fulfilling day for me. However, due to my time planning problem, my sleep time is not enough, but my sleep quality is very good, I will not do a lot of dreams, I will be refreshed after waking up, there will be no headache, it's easy for me to fall asleep, But too lazy to get up. But if I have due, it will be worse. You can only sleep for four hours a day. The mental state of the next day is very poor.

H: When do you wake up every day? (clock or nature)

R: Between 6:30 and 7:00. Most of them are woken up by the alarm clock, but I already have a biological clock. If I have no class in the morning, I will wake up at this time.

H: When do you start work every day? And end time?

R: I usually put my work in the morning to finish, because there is no energy at night, but if there are too many homework, I will choose to stay up all night to finish it.

H: Which kind of food or drinks you often take for recovering?

R: I usually drink coffee, or milk tea, some caffeine drinks, which will make me refreshed. As for food, I will choose to eat sugar, because sweet things will reward the brain, so if I write, I will have a piece of candy. And I am typing on the keyboard, so my hands can't take other food, so I will choose to eat sugar.

H: Do you exercise regularly?

R: No, I don't have time, and I don't have this hobby. I feel that everyday activities are enough for me to consume energy.

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

R: The first is stress, you can't sleep because you think too much. Then there may be mental problems, I know that the quality of sleep in depression is very poor. Or you are used to sleeping in a quiet situation, but the surrounding area is very noisy, it does not meet your sleep habits, your sleep quality will be very poor.

H: Do you have pre-sleep routine?

R: There should be no, I don't have a fixed thing to do before going to bed, but sometimes I will drink a glass of milk for better sleep quality.

H: So, what do you do before going to bed?

R: It should be a bath, sometimes I will start to study after a shower, sometimes I will call my family, and then I will play with my mobile phone before sleep.

Analysis :

This interviewee does not seem to have a problem with poor sleep quality. But because of the biological clock and homework, she has problems with lack of sleep.