

Interview

1. Do you think you have a high quality sleep every day?

No, life stress bothers me, which make me has poor sleep quality. You know I am working now, I always face some troubles in my work, I have low job satisfaction, these factors create different kinds of stresses for me. In my work, I have to communicate with different people, Building a good relationship in variety of groups of people is a difficult thing for me, which spends me too much time and make me very tried. My parents input lots of expectation for me. The expectation add more stress in my life, so that I do not have a high quality sleep every day.

2. When do you wake up every day.

I wake up at 10, because I always sleep late.

3. When do you start your work every day.

I start my work different with others, I work at 1pm, so I can sleep late and sleep late have became a common thing in my life.

4. Which kind of food or drinks you often take (including coffee, tea)

I like milk tea, cola and noodles. I do not like coffee, I drink coffee few.

5. Do you exercise regularly?

Yes, I have regular exercise, jogging, which helps me to have a high quality sleep. When I had a bad mood, I prefer jogging, jogging can release my daily pressures that improves my sleep quality.

6. What causes do you think will trigger poor sleep quality.

I think life stress and bad life habits will lead to a poor sleep quality. On the other hand, eating too much in night is also make people have a poor sleep quality.

7. Do you have pre-sleep routine?

Yes, I have. I like listening to some music when I am going to sleep. I think that listening to some music can help me fall in sleep easier. Using social media and watching series are terrible things for people's sleeping. People who do these things before sleep will result in brain exciting, which will decrease people's sleep quality.

Data analysis

- Exercise helps people's sleeping
- Sleep time influence sleep quality
- Social media decrease people's sleep quality
- Life stress is a factor for a poor sleep quality

In this interview, interviewer answered all questions, none regular sleep time and life stress bother her, which is a main cause in her poor sleep quality, she cannot have a good sleep quality. In addition, sleep time is another element for people who have a poor sleep quality. However, the listening to some music and doing some exercise can improve people's sleep quality. If people have any stress, these ways can let them clam down.