

1 Night Reflection Interview Transcript

2 Interview ID: I1

3 Interviewer: Koyo Nakamura

4 Interviewee: Kyle (pseudonym)

5 Date and time: April 24, 2021, 10:10pm to 10:30pm

6

7 *Before recording: asked for consent to being recorded*

8 Koyo: The purpose of this interview is to understand how you reflect before sleeping. The term I  
9 will be using is “night reflection,” which basically refers to reflection that happens while you’re  
10 lying in bed, preparing to sleep. To get this started, what is your background?

11 Kyle: I am a mechanical engineering student at the University of Washington. I am a junior.

12 Koyo: So, how old are you?

13 Kyle: I’m 21.

14 Koyo: What does a typical day look like for you?

15 Kyle: A typical weekday looks like a 9:30am class, and then I have about 3 hours of class every  
16 day. But most of it is in the morning. After that, depending on my level of motivation, I might  
17 choose to do homework or study. Or I might decide not to do anything school-related and just  
18 play video games for the rest of the day.

Commented [KN1]: morning classes

19 Koyo: What time do you usually sleep and wake up?

20 Kyle: I usually sleep around 3am, and I wake up at 9am.

Commented [KN2]: sleeps late

21 Koyo: How often do you reflect before sleeping?

22 Kyle: It’s a reasonably common thing for me. I’d say, one out of every three nights?

Commented [KN3]: reflects once every three nights

23 Koyo: And is that something that your prompt yourself to do, or does it come naturally to you?

24 Kyle: It comes naturally. Especially on days where I don’t make the best choices, I’m more  
25 likely to reflect. Especially if I don’t get my homework done, I just lay in my bed like “ugh, why  
26 did I waste all this time?”

Commented [KN4]: reflection on poor choices

27 Koyo: Can you elaborate on your thought process when you’re reflecting?

28 Kyle: Well, I usually reflect after I make a poor choice, because if you make a good choice, you  
29 probably won’t be reflecting. So, it’s always after I do poorly on a midterm, I don’t do any of my  
30 homework, my reflection is like, “how did I get here?”, “what led to this?”, “why do I keep  
31 making the same mistakes?”

Commented [KN5]: reflecting only when making poor decisions

32 Koyo: You mentioned negative thoughts while reflecting. Do you ever reflect about positive  
33 experiences you’ve had?

34 Kyle: Generally speaking, I don’t. I like to reminisce about positive experiences, but I generally  
35 don’t reflect on them.

36 Koyo: Can you explain the difference in what you mean by reminiscing versus reflecting?

37 Kyle: Reflecting is when you relive the situation in your head. I ask myself, “what can I do  
38 differently?” So, it’s like, you want to change something when you reflect. It’s always about re-  
39 evaluating. But reminiscing is like, I think back, and I enjoy the memory.

Commented [KN6]: reflecting vs reminiscing

40 Koyo: How often do you think you reflect during the day?

41 Kyle: Reasonably often, but not quite to the same degree. I guess it’s more of a passing thought  
42 than how it is at night.

Commented [KN7]: no time for reflection during the day

43 Koyo: I see. And what do you think results in that difference between reflecting during the day  
44 versus at night?

45 Kyle: During the night, when you’re lying in bed, it’s not like you have anything else to do. But  
46 during the day, you have a lot more to do, so reflection, you don’t really have a lot of time for  
47 them. It’s just one thing to the next.

Commented [KN8]: reflection trigger: having no other tasks

Commented [KN9]: no time for reflection during the day

48 Koyo: What does it look like when you are reflecting at night? Like, your environment, what  
49 your actual process is?

50 Kyle: I’m just going to be in my room, lights turned off and staring at the ceiling.

51 Koyo: Is there anything technology-wise that you use when you’re lying in bed?

52 Kyle: No technology before or during bed.

53 Koyo: What is your decision-making for that?

54 Kyle: When it comes to no technology during bed, I generally have good self-control. Recently,  
55 I’ve taken it upon myself to uninstall a lot of distractions from my phone, so I have much less  
56 reason to use my phone now.

Commented [KN10]: doesn’t like using phone before bed

57 Koyo: Why do you think it’s important to not use your phone when you’re in bed?

58 Kyle: Primarily because it’s bad for your eyes and it diminishes the quality of your sleep.

Commented [KN11]: health-related reasons to not use phone

59 Koyo: Is that something that you have experienced, or you learned about?

60 Kyle: Yeah, mostly my parents. They sometimes remind me to not use my phone at night.

Commented [KN12]: Social reminders

61 Koyo: Is there any other technology in your room that you interact with during the time before  
62 you try to go to sleep?

63 Kyle: Before I sleep, I’m definitely going to be on my computer which is on my desk in my  
64 room.

65 Koyo: How long does it take for you to get into the state where you prepare for sleep, after you  
66 get off your computer?

67 Kyle: After I get off my computer, I would say I get into bed in about 20 minutes. I brush, wash  
68 my face, then go to bed.

69 Koyo: When you’re reflecting, how much time do you spend reflecting at night?

70 Kyle: I would say I spend about upwards of 20 minutes to 30 minutes, around that area.

Commented [KN13]: time spent reflecting

71	Koyo: What brings you into the mood of reflection?	
72	Kyle: It's heavily influenced by how my day went. If I had a lot of homework I didn't do, then I	
73	would feel pretty bad and reflect on that. Or, if I had a midterm and I don't feel confident, I	
74	reflect on that. It usually revolves around school for me.	Commented [KN14]: reflection triggered by academics
75	Koyo: Can you walk me through the last time you reflected before sleeping?	
76	Kyle: That would have been after my midterm last Wednesday. I didn't feel very confident on	
77	that; there was one problem I didn't know how to do, so I spent a lot of time reflecting on how I	
78	didn't know how to do it, did I not study enough? Those sorts of things. That was definitely the	
79	center of my thoughts.	Commented [KN15]: reflection triggered by academics
80	Koyo: What was your emotional experience before, during, and after reflection?	
81	Kyle: The emotional experiences of reflection are usually on the negative side for me. It's	
82	usually characterized by disappointment. After reflecting, I generally feel slightly better, but	
83	yeah, slightly.	Commented [KN16]: feels slightly better after reflection
84	Koyo: What do you think makes you feel slightly better after reflecting?	
85	Kyle: It's always nice to think about your problems and kind of figure them out in your head	
86	slowly. It's just like making sense of what you have to do.	Commented [KN17]: reflection to make sense of what to do
87	Koyo: So, it's something like planning forward?	
88	Kyle: Yeah, it helps you plan.	
89	Koyo: I see. How do you remember those plans that you've thought of?	
90	Kyle: After one reflection, I might not remember, but generally speaking, the same ideas pop up	
91	in my reflection, so after multiple reflections maybe, I'll start to internalize some of the things I	
92	reflected on.	Commented [KN18]: iterative reflection
93	Koyo: Can you recall a time when you had a positive experience with night reflection?	
94	Kyle: Sometimes at night, I like to play video games with friends. On those nights, I usually have	
95	positive reflections. In particular, when I play melee, I have very positive reflections [laughs].	Commented [KN19]: gaming leads to positive reflection
96	Koyo: What makes those reflections positive?	
97	Kyle: Well, it's generally just light-hearted reflection, not something heavy like school. For	
98	video games, it's just like how do I get better? What cool things can I learn? What new	
99	characters can I pick up? There's no peril or imperative behind it. It's just something I do for	
100	leisure, so it's like how can I have a better gaming experience, really.	Commented [KN20]: academic reflection has a sense of peril
101	Koyo: I see. You kind of touched on this already, but what kind of negative experiences have	
102	you had with reflection?	
103	Kyle: When I don't act upon my reflections, especially when my reflections are on school, I start	
104	to feel really disappointed in myself. And I keep reflecting, and then I don't get anything done.	Commented [KN21]: disappointed when not acting upon reflections
105	Koyo: What do you think makes it difficult to act upon your reflection?	

106 Kyle: A combination of willpower, discipline, self-control, and not letting anxiety and other  
107 things lead to inaction.

Commented [KN22]: inaction factors

108 Koyo: Can you elaborate on what you mean by anxiety and inaction?

109 Kyle: When I reflect, it's usually on things I struggle with. Even if I reflect on them, it's just  
110 such a difficult thing, it's really difficult to get myself to work on those things. Especially when  
111 it comes to self-improvement and getting stuff done on time, it takes a lot of motivation and  
112 sometimes when I think about stuff I should be working on, I just get anxious and try to avoid  
113 them.

Commented [KN23]: anxiety from having to self-motivate

114 Koyo: Have you ever used any tools or methods to remember what you reflected on?

115 Kyle: I've used a meditation app before. That was only for a little bit, but generally I don't use  
116 many apps to help with reflection.

117 Koyo: Can you explain what your experience was with the meditation app?

118 Kyle: It was this thing that I would use before bed, which was just like 5 minutes of steady  
119 breathing essentially. It just helps to clear your mind.

120 Koyo: And why did you decide to stop using the app?

121 Kyle: It was a good experience, but I think it was just out of laziness that I stopped.

Commented [KN24]: laziness to continue using meditation app

122 Koyo: Outside of digital technology, are you using any techniques to support your reflection  
123 experience?

124 Kyle: Sometimes I might talk things over with my sister, especially if they're school-related,  
125 before bed. But that's an uncommon experience.

Commented [KN25]: sometimes social reflection with sister

126 Koyo: Is there a specific situation in which you talk with your sister?

127 Kyle: Generally speaking, it's after I fail a midterm or think I'm doing poorly in school, or  
128 maybe I'm looking for some kind of academic opportunity, then I might talk to her. It's generally  
129 speaking when I'm asking for advice.

Commented [KN26]: reaching out for advice

130 Koyo: What makes your sister someone you can reach out to for advice?

131 Kyle: She's two years above me in college, so she's experienced, she would know a lot about the  
132 college experience, so she's a good person to talk to.

133 Koyo: Are there any factors that distract you from reflecting?

134 Kyle: Distract, how so?

135 Koyo: For example, when you're reflecting while lying in bed, are there anything that take you  
136 out of that "inside-your-mind" experience?

137 Kyle: Generally speaking, no, but sometimes I get intrusive thoughts about some worry or  
138 anxiety, but those are part of the reflection.

139 Koyo: How is the environment when you are reflecting?

140 Kyle: The environment is pretty good. It's in my room, it's quiet, it's dark. I'm just alone with  
141 my thoughts.

**Commented [KN27]:** appreciates the quiet, dark environment

142 Koyo: Overall, how important is reflecting to you?

143 Kyle: It's pretty important. It's when most of my self-improvement happens, I'd say. During the  
144 day, I don't really try to think about what I'm doing, but at night, it's the time where I can  
145 evaluate myself and how I've done and try to improve.

**Commented [KN28]:** reflection for self-evaluation

146 Koyo: How would you summarize what makes reflection important to you?

147 Kyle: Reflection is important to me because it is a really good time to figure out what you  
148 struggle with, it's a time to face your fears in particular, especially when it comes to school and  
149 self-improvement. During reflection, I can look at those things objectively and think long and  
150 hard about what I'm doing wrong and try to improve.

**Commented [KN29]:** objectively think about self-improvement

151 Koyo: Can you think of anything that could improve your experience with night reflection? It  
152 doesn't have to be technology-related, as well.

153 Kyle: Probably going to bed earlier will help with night-time reflection.

154 Koyo: Can you elaborate on how that would help?

155 Kyle: When you reflect at night, you're probably not too tired if you have mental energy left to  
156 reflect, but when I sleep at super late hours, I fall asleep immediately. Whereas someone else  
157 who is slightly less tired would have more energy to reflect and possibly have better reflection  
158 because it's just more clear.

**Commented [KN30]:** sleeping earlier = more energy for reflection

159 Koyo: Do you reflect when you wake up?

160 Kyle: When I wake up, I'm generally pretty tired, and I always wake up quite soon before class,  
161 so I don't usually reflect right after I wake up.

162 Koyo: So, is it basically that you don't have enough time to reflect before class?

163 Kyle: Yeah, you're too busy getting dressed, eating, washing.

164 Koyo: You also mentioned how you go over multiple reflections before you cement some of the  
165 takeaways from reflections.

166 Kyle: It's because although sometimes you reflect on different things in each reflection, there's  
167 always going to be a lot of reoccurring ideas in your reflections, and as you think about them  
168 more and more in subsequent reflections, you'll start to internalize them more.

**Commented [KN31]:** internalize reoccurring ideas slowly

169 Koyo: That's a great way to summarize. Lastly, is there anything else you would like to add?

170 Kyle: Overall, I think that night-time reflections are a good thing, and they help me stay on the  
171 right track.

**Commented [KN32]:** positive attitude towards reflection

172 Koyo: Thank you for doing this interview with me. I'll stop the recording now.

173 *After recording: wrapped up, thanked interviewee*

1 Night Reflection Interview Transcript

2 Interview ID: I4

3 Interviewer: Han Feng

4 Interviewee: Toni (pseudonym)

5 Date and time: April 26, 2021, 6:00pm to 6:20pm

6

7 [00:00:00] Han: All right. So, let's get started with the interview. Very nice to see you today.  
8 This is going to be a semi-structured interview. It's going to last about 30 minutes and then  
9 please keep in mind that this interview is not going to have any judgments on your ability. So  
10 just feel free to answer anything that comes to mind. So, let's get started. The first question is  
11 more about your demographics. Can you tell me more about you background? Just like, are you a  
12 student and, what do you usually do for living? Your ethnicity?

13 Toni: Okay. Yeah. I am a student at the university of Washington at the college of the  
14 environment. My major is environmental studies. I define myself as Chinese.

15 Han: I see. All right. So, as I mentioned before, this interview is going to explore reflections  
16 before going to bed. So, we are going to slightly dive [00:01:00] into some topics over that.  
17 Okay. So, what does a typical day look like for you?

18 Toni: Day typically, I eat two meals, one at 11, and usually another at 6. Um, I try to work for an  
19 hour and then the next hour I will take a break and I kind of repeat that over and over. Um,  
20 usually every day we'll have either two to three meetings. And then, uh, every other day I work

21 Han: I see, it sounds great. Yeah, so let's talk about your reflection before going to bed. So how  
22 do you usually reflect before sleeping and then do you also have some similar during the day,  
23 like similar reflection?

24 Toni: Yeah, I would say I reflect every single day. The number of [00:02:00] reflection depends  
25 on how tired I am. So, if I'm really not tired, it'll take me an hour. But, usually it's anywhere  
26 between 15 to 30 minutes and if I'm really tired or exhausted, and it only takes five minutes. And  
27 as for similarities between the nighttime and daytime, I think it's more frequent and rapid and  
28 nice where my thoughts are, you know, flowing, with great speed. Whereas, during the day I feel  
29 like my attention is mostly focused on tasks at hand, so I have less time to,

Commented [1]: Differences between night and day time reflection.

30 Han: I see. So, you have already mentioned about you usually spending 15 to 30 minutes  
31 reflecting, going to bed. Uh, and also if you're really tired, uh, you usually reflect sometimes five  
32 minutes or so. Is that correct? Awesome. [00:03:00] Okay. Yeah, do you use any technologies or  
33 any tools that you interacted with when preparing or falling asleep?

34 Toni: Usually I will, to prepare to sleep. I listen to guided meditation. So, this is meditation  
35 practices, where there are audios of what you should be doing. Like, for example, they'll say like  
36 "relax this body part", or imagine this scenario. So, it really helps to calm my body.

Commented [2]: Tool that facilitates night time reflection

37 Han: I see. So, where do you listen to this audio guide? Spotify. Spotify. So is that through your,  
38 uh, of your phone or through your

39 Toni: Spotify.

40 Han: Ok, Spotify. So, is that through your phone or anything else?

41 Toni: Yeah, I use my phone and then I use earbuds because my roommate likes complete silence.

42 Han: So, can you tell me [00:04:00] what are something that you typically reflect about before  
43 going to bed?

44 Toni: That is a good question. I think everyday changes. I definitely know what I don't reflect on.  
45 I don't reflect on the past or the day. I usually reflect on like something that I think good or  
46 hypothetical situations.

47 Han: I see. Yeah. So, this is what you don't reflect on?

48 Toni: Yeah. Don't is like anything in the past. Like I don't stress when I'm reflecting. I think of  
49 like, situations that aren't real, I think. Or I'm trying to, um, I think I'm very creative in my  
50 reflection where I think about questions that I don't know.

51 Han: Okay. So what are some things you usually reflect during a daytime compared to your night  
52 time reflections?

53 [00:05:00] Toni: I think it's mostly random things that I need to do in the future.

54 Han: Are we talking, so basically throughout your general reflection schemes, you tend to kind  
55 of imagine, also kind of looking ahead when you were reflecting? Do you like to reflect the  
56 future a lot, both during the day and the night?

57 Toni: Not the future at night, but during the day.

58 Han: I see. Gotcha. Yeah. So is there an explicit distinction.

59 Toni: Yeah, I think I'm more creative and imaginative at night. And during the day I focus more  
60 on future situations.

61 Han: Awesome. Okay, let's go to the second part of this interview. Let's [00:06:00] talk about  
62 your motivations and then the goals where you're reflecting. Can you talk about what encouraged  
63 you to reflect if you are going to bed?

64 Han: So just to clarify. When I mentioned about before going to bed, I am actually talking about  
65 the period when you're laying down. If you want to talk about before going to bed, like before  
66 sleeping, but you're still fully awake, that's also totally fine. But we try to explore more on the  
67 time that you laid down and before fully asleep.

68 Toni: Sure. I'll do that then. Usually when I'm laid down and I'm trying to sleep, I will reflect the  
69 reason for it because I can't fall asleep fast enough. I remember you told me your experiences  
70 that once you close your eyes, you're fully asleep. But for me, it [00:07:00] takes me about 15 to  
71 30 minutes. In that time, I sometimes get bored and my mind will wander.

72 Han: I see. So how do you feel before and after this reflection?

73 Toni: Usually, before the reflection, I sometimes can be very stressed, especially since, I have to  
74 think about future tasks I have to do or past mistakes. So, I think what I am reflecting and I'm

Commented [3]: Schemes of night time reflection

Commented [4]: Not reflected topics

Commented [5]: Day reflection schemes

Commented [6]: Motivations

75 listening, especially to guided meditation, it tells my body that you can relax now, and you don't  
76 need to worry about anything.

77 Han: I see. So, how do you feel after the reflection?

78 Toni: Like when I wake up?

79 Han: Yeah. It's really open-minded question, so it can be either you wake up or sometimes if you  
80 are still conscious after reflection, so basically it's based your definition.

81 [00:08:00] Toni: Oh, okay. I'm going to say when I wake up. Usually when I wake up, I find that  
82 reflecting was a lot shorter than I thought. Sometimes reflection only lasts like five minutes.  
83 Sometimes it's only like 10 minutes. And I'm like, when I wake up in the morning, I'm like,  
84 wow, that was not a lot of time to reflect. And I feel very happy and relaxed.

Commented [7]: Short reflections create happiness

85 Han: I see. Basically, after you wake up, you feel happy because you did not have a lot of time to  
86 reflect. Was that accurate?

87 Toni: Well, I think just reflecting in general makes me happy. But both. I wasn't like in that  
88 limbo of trying to sleep and being asleep. I don't like it when it's too long. Because I know some  
89 people like one of my friends takes like two hours(to reflect while falling asleep). But for me it's  
90 like a good amount of time.

Commented [8]: Specific preference on length of the reflection

91 [00:09:00] Han: Yeah. So, can you walk me through the last time you reflect before sleeping?  
92 Basically, think about how does the reflection happen?

93 Toni: The last time was yesterday. I didn't think about this a lot. I have no idea what I reflect on.  
94 I remember I do it every night, but I don't remember. So usually what happens is I put in my  
95 guided meditation, I listened to what they're telling me, but my mind will wander and I'll think of  
96 my own things. And, usually by that time I will be dead asleep or I'll like find myself that my  
97 mind is wandering. Go back to the meditation and then I will drift off to sleep.

98 Han: I see. So basically there is not a specific process that you remember what exactly you have  
99 reflected?

100 Toni: Yeah, I think it's different every night, but I can't remember what I'm [00:10:00] reflecting.  
101 I just know I'm doing it.

102 Han: So, you mentioned about that you tend to reflect as you're playing your guided meditations.  
103 Is this is going to play for the entire night?

104 Toni: Well, I let it play for an hour. There's a timer and it'll shut off exactly after an hour and I'll  
105 just leave it in my ear. Usually, even if I fall asleep before the audio is over, either that your buds  
106 will come out of my ear, because I move a lot in my sleep or I'll just leave it in. And I usually  
107 wake up periodically through the night and I'll just take it out and fall back asleep.

108 Han: Okay. So just keep going with that trend, you said about you reflect as you're listening to  
109 that guided meditations, have you ever had the experience that, like, for example [00:11:00] you  
110 can't fall asleep and then you just keep reflecting until the meditation just completely shuts off,  
111 and you were fully aware of that?



112 Toni: Yes, I have.

113 Han: Okay. In that case, do you remember what exactly you have reflected since you were still  
114 conscious.

115 Toni: I definitely think I would remember. Um, but I feel like that has not happened to me for a  
116 long time, so I can't remember what I was reflecting on.

117 Han: Okay. Then how would you compare your daytime reflection experience with the nighttime  
118 reflection experience?

119 Toni: I think nighttime, I'm definitely more creative, like things I wouldn't usually think about  
120 during the day and then daytime reflections are more about, I think the future, like [00:12:00]  
121 where I'm going to go. How does the world work? Whereas I think at night I remember like good  
122 memories and I think also about how the world works, but I'm more, yeah, very, I would say  
123 creative.

**Commented [9]:** Reflection about the future during the day

124 Han: Gotcha. So basically you tend to imagine a lot.

125 Toni: Yes.

126 Han: Sounds good.

127 Han: All right, let's go to another part of this interview. In this part, we are going to explore and  
128 understand the pinpoints about your reflection process. Can you recall a time when you had a  
129 positive experience with nighttime reflection?

130 Toni: I think I always have positive experience with nighttime reflections, just because I think it  
131 helps me fall asleep faster, or at least makes me more comfortable with falling asleep as opposed  
132 to day time reflection usually does not give me too many feelings.

**Commented [10]:** Night time reflection are more meaningful and more positive

133 [00:13:00] Han: I see. So basically, it makes you feel more comfortable. Do you recall a time  
134 where you had a negative experience with the nighttime?

135 Toni: I think that's when it takes me more than an hour to fall asleep. I get very frustrated with  
136 myself. Say like, why can I not fall asleep?

137 Han: I see. Whenever it went over that one hour, and then you cannot fall asleep. You got  
138 frustrated. But was the unconscious reflection process still going on or were you already fully  
139 aware of everything when you cannot fall asleep over 1 hour?

140 Toni: During my reflection period, I can get up like I'm awake, but I'm not asleep. I'm in the in-  
141 between. I'm not like this right now (during interview conversations) [00:14:00] and I'm not dead  
142 asleep. It's kind of like, if someone were to talk to me, I can talk to them and get up. But I'm kind  
143 of like, I would define as limbo.

144 Han: So basically, you're not fully asleep but you still have a slight conscious.

145 Toni: Yes! Slight conscious cautious, that's it, not fully conscious, but not knockoff.

146 Han: Gotcha. All right. Have you ever used any tools or methods to record what you have  
147 reflected on both during the day and nighttime?

148 Toni: No.

149 Han: Were you curious about yourself when you are reflecting, even though, like you just  
150 mentioned about you are pretty self-aware of what is that general schemes of what you're happy  
151 about in your reflection?

152 Toni: Now that you bring it up. I am kind of interested because it's weird that I can't remember  
153 any of my reflections.

154 [00:15:00] And I know some days I'm like, wow, my mind is so creative. Because I'll be like I'm  
155 coming up with all these ideas.

156 Han: Okay. Are there any factors that distracted you from reflecting, both during the day or  
157 night time?

158 Toni: Technology. Usually when I do guided meditation, I'm not looking at my phone. It's turned  
159 off next to me.

Commented [11]: Distractions

160 Han: Okay. You mentioned about technology besides phone. So, during the daytime, you were  
161 being distracted from technologies as you're reflecting?

162 Toni: Yeah. I think if I have like a task I'm doing I'm [00:16:00] most likely not reflecting. And  
163 usually during the day, I'm either doing school on my computer, working out following YouTube  
164 videos, cooking or watching TV, and that prevents me from reflecting.

165 Han: Gotcha. So, there are constant task that you're accomplishing and that's why you cannot  
166 reflect. Then, during the nighttime, you don't have those distractions anymore, right?

167 Toni: Yeah, I turned them off. Except for the audio. But that's not the distracting because it isn't  
168 like an eye sensory it's more of a listening sensory.

169 Han: All right. We are coming to the last part of this interview. In [00:17:00] this part, uh, I will  
170 just ask some broader questions. Overall, how important is reflection to you?

171 Toni: I would say it's pretty important because it gives my myself time to think freely.

Commented [12]: importance of the reflection

172 Han: Okay. Can you think of anything that could improve your experience with nighttime  
173 reflection?

174 Toni: I think I have to be a certain amount of tired. Like if I go to bed not tired, then that will  
175 hinder my positive experience of reflecting. I think if I'm exhausted, then I won't have any time  
176 to really reflect. So, I think I had to be in that, like in between of I'm tired, but I'm not exhausted.

177 Han: Gotcha. Basically that [00:18:00] perfect in-between point.

178 Han: Is there anything else you would like to add to our conversation or anything that you find  
179 valuable that want me to know regarding the reflection or to this conversation?

180 Toni: No, I think everything's good. But I would like you to send me the results, like after your  
181 research is over, like with everything compiled.

182 Han: Yeah, of course. I think that's comes to the conclusion for our interview. Thank you so  
183 much. These are very valuable inputs. Have a great rest of your day!

1 Night Reflection Interview Transcript

2 Interview ID: I3

3 Interviewer: Hannah Mei

4 Interviewee: Sean (pseudonym)

5 Date and time: April 24, 2021, 9:00pm to 9:30pm

6

7 Hannah: Let's get started. Can you tell me a bit about what's your current background?

8 Sean: So I'm a student. I'm a design student at the University of Washington.

9 Hannah: So what does a typical day in your life look like?

10 Sean: So, currently, I just wake up. Eat breakfast. And then I spend some time with my girlfriend  
11 in the morning. And then we usually have morning classes so then we kind of just take our  
12 individual classes and then we eat lunch together, then in the afternoon we usually do homework  
13 or work on some design projects together. So it's mostly just doing school and work alongside  
14 my girlfriend. And since we're currently living together we do most of everything together, does  
15 answer your question?

16 Hannah: Yes. Thank you! Okay. Can you tell me how often you reflect before sleeping?

17 Sean: Yeah, that's a good question. So, since we're doing the topic on reflections. And I know  
18 that's kind of the information you gave me before we started the interview, and I brought up my,  
19 my situation living with my girlfriend and our daily routine together. Yeah. So, since currently  
20 we're living together and that we used to go to bed at the same time, I don't often reflect for  
21 sleeping, but I do use to do it a lot when I'm living by myself. So currently I don't do it, but I do  
22 used to do it a lot when I lived by myself. Do you think that answers your question?

Commented [1]: More night time reflection when he is alone

23 Hannah: Yeah. Okay, tell me how often do you reflect during the day?

24 Sean: Not a lot.

25 Hannah: Okay, when you do reflection, how much time do you spend reflecting at night?

26 Sean: So like I mentioned earlier. Currently, I would say. Not a lot. Maybe, maybe once a week,  
27 sometimes. But, yeah, not a lot, mostly because usually when I put my since my girlfriend I was  
28 sleeping together so usually we like talk before we sleep, so I don't have a lot of time to reflect,  
29 but sometimes I think about, like, I reflect, maybe once a week but not too often, when I used to  
30 sleep by myself I was saying, almost every night I would reflect.

Commented [2]: reflect one a week by sleep with someone and reflect everyday when he sleep alone

31 Hannah: Okay, So can you tell me about what technologies do you interact with, when on the  
32 bed preparing to sleep.

33 Sean: So I mostly use my phone that I think that said sometimes I use my computer. Oh, and that  
34 one thing is I do use like Alexa to set alarm. Okay.

Commented [3]: Tools: phone alexa computer

35 Hannah: So can you tell me what are some things that you typically reflect on before sleeping?

36 Sean: Okay, so like topics right. So, I think, usually about like personal goals. Let's see, personal  
37 goals relationship stuff like past actions from maybe a long time ago. So like stupid things I've  
38 done like a long time ago. And then sometimes like planning for the future as well, if that counts.

Commented [4]: night time reflection topic: personal goal, relationship, pass experience, planning for future

39 Hannah: So can you also tell me like what you're reflect on during the day?

40 Sean: yeah i don't think i usually reflect during the day. But I guess sometimes I um, I guess  
41 sometimes I like stress ball walk around and when I hit the stress ball sometimes I reflect a little  
42 bit, but it's more kind of just taking my mind off things and thinking about like the future and  
43 just like planning for like, kind of thinking about like good things that can happen in the future if  
44 I like work hard right now. Do you think that makes sense.

Commented [5]: day time reflection goal: take mind off, planning , self-encouragement

45 Hannah: Yeah, of course. Yeah. Can you tell me about, like what encourage you to reflect before  
46 going to the bed?

47 Sean: I think like if there's something that upsetting that happened, or something that's like sad. I  
48 try to reflect a bit more. So if there's something that's upsetting that happened, I usually think  
49 about it and I think how I could do things differently. So I think that's kind of what makes me  
50 reflect.

Commented [6]: night time reflection triggered by negative mood.

51 Hannah: So how do you feel before and after the reflection?

52 Sean: Um, I don't really feel anything but I think it kind of affects my sleeping like if I spend a  
53 lot of time like thinking about things before I sleep, it makes, it makes it harder for me to go to  
54 sleep. So like if I don't reflect and I don't think about anything, it's easy for me to go to sleep.

Commented [7]: night time reflection influences sleeping

55 Hannah: So can you walk me through the last time you reflected before sleeping.

56 Sean: Okay, um. I don't have that many opportunities to like really reflect. But, Um, there wasn't  
57 time, I think I'll give two examples. One is the first example is, I think, like, when I'm thinking  
58 about kind of how I can plan my academics and like personal life a bit better, and how that can  
59 like impact my future, so that's like a timer, I think I just lay in bed and I thought about it a little  
60 bit. I didn't like really do anything. So it's just kind of like thinking about it before I go to bed.  
61 Maybe this was like a week ago. Another time when I kind of use technology and combined with  
62 it is I like writing diaries, I used to write every day, but I don't really write anymore. Sometimes I  
63 write it to reflect. And then the last time I wrote it was when I kind of like had an argument with  
64 my girlfriend and then I wanted to think about how I can like do better, and then maybe like what  
65 I did to make her upset and then how I can like apologize to her so that I write it down on my  
66 phone, kind of as a journal. So that's kind of like a real reflection that I've done

Commented [8]: writing diary to have better reflection(to solve problem)

67 Hannah: Since you mentioned you reflect something you did and planning something for future  
68 during the reflection, can you tell me like, will it make you feel better after you finish that  
69 reflection.

70 Sean: Yeah, I think the one where I talked about when I'm just like, randomly like thinking in  
71 bed, like I think that one doesn't make me feel better because it's just like kind of thinking off the  
72 top of my head. But the one where I wrote it down with my phone. Kind of like writing my ideas  
73 down and think about it like thinking about things, how I can do differently. I think that one

74 made me feel better.

75 Hannah: So since you also mentioned during the day, you use the ball to help you relax and do  
76 some reflection so can you. How could you compare your daytime reflection experience with  
77 nighttime reflection experience?

78 Sean: I think day time it's like kind of more fun. Night time is kind of like more reflecting with  
79 like purpose.

80 Hannah: Can I know what purpose.

81 Sean: I think the purpose, I would say would be like to kind of, I guess like, I mean a lot of times  
82 there isn't a purpose I'm just thinking about it, because I, it's like, I, it's like in my head. But times  
83 when there is a purpose is like when I write it on my phone, I'm usually trying to make it like,  
84 make, make it better, you know like make myself better or change, kind of the, you know,  
85 change kind of my actions. Do you kind of understand what I'm saying.

86 Hannah: Yeah. Okay, so do you have any experience that you get a positive experience with  
87 nighttime reflection, without using the phone?

88 Sean: I think now, because usually like I mentioned, like when I think about it it's like affecting  
89 my sleep, right, because I don't sleep as well, like if I think about stuff when I'm going to bed. It  
90 makes me like affect how well I sleep. But then if I'm writing it on my phone, it's like I'm  
91 actually, like, I feel like I'm actually doing something. Yeah, if I think about those things when  
92 I'm lying in my bed, like just it kind of affects makes me not able to sleep as well because I'm,  
93 it's very like I like for me like I my sleep quality is really bad. You understand what I'm saying.  
94 Yeah.

95 Hannah: So you prefer not to reflect on anything that will help you sleep better.

96 Sean: I think so, yes.

97 Hannah: Have you ever used any tools or methods to record what you reflected on, I know you  
98 mentioned you used to take a diary, what else?

99 Sean: Um, that's the tool I've definitely used the most. My phone. Let me think of anything else.  
100 No I don't think I've used anything else for reflection, other than my phone.

101 Hannah: Okay, so can you tell me, are there any factors that distract you from reflecting?

102 Sean: Maybe sleeping with someone else is icon, and then I don't think there's anything that's  
103 because usually I try to not reflect. Because, reflecting it's like a less like if I'm already sleeping.  
104 That I think, I try not to but if I'm doing it like before I sleep like writing on my diary or like  
105 journal that I think it's okay.

106 Hannah: Okay. So even you reflecting on something happy. You think it will influence your  
107 sleeping quality?

**Commented [9]:** Random thinking wouldn't help. writing diary make him feel better

**Commented [10]:** day time reflection for fun night time for purpose

**Commented [11]:** reflection affects sleep

**Commented [12]:** mostly use phone

**Commented [13]:** sleep some one would distract reflection

108 Sean: Yeah, okay, yeah, it will influence. Because if it's happy that it could get me excited. Yes.  
109 If I think about something that I usually have to eat melatonin.

110 Hannah: Okay, so overall, how important is the reflection to you?

111 Sean: I think it's more important when I was sad, like when I'm kind of depressed and sad I think  
112 it's more important, I think, like, because right now I'm like pretty happy every day. I don't think  
113 it's as important. But when I'm like sad and depressed I kind of use it as like a coping  
114 mechanism, because I would reflect on something I would like write it down. I used to keep a  
115 journal every day right so I would write down like three things I'm grateful for every day, so that  
116 even when I'm very depressed on, I can write that when I write down these three things. Now  
117 that headlights, like, there's still something to be grateful for every day. And then I would also  
118 like when I'm very sad or upset I would also write up My Cup journal on my phone. So then,  
119 every time I write one. Let's say like, I wrote one, every day, every week, but then the next week  
120 I will live right one, like every two days, so that I can see I'm like making progress, I'm not as  
121 depressed. So I think like reflection was a lot more important to me when I was like really sad. I  
122 don't think it matters that much, not that I'm happy. But I used reflection and writing like before  
123 sleeping kind of as a way to like make myself feel better. Do you think that, do you understand  
124 what I'm saying.

Commented [14]: Important when upset or depressed

Commented [15]: important when upset or depressed

125 Hannah: Can you think of anything that could improve your experience with nighttime  
126 reflection? Is there anything else you'd like to add?

127 Sean: How important reflection is like, it really depends on like, like your mood and like where  
128 you are in life, because someone who, like, like I have, I don't reflect a lot when I'm like happy  
129 or when I'm busy, only reflect a lot when I'm like sad, and I'm like, depressed, like when I'm  
130 busy like you don't really have time to reflect right like you're tired and just go to bed. But then  
131 when you're sad and you have like time to be sad. I think that's where you reflect.

Commented [16]: Don't do night time reflect when busy or happy

132 Hannah: Can you tell me about like, Do you feel better after the reflection when you feel sad?

133 Sean: Yeah 100%.

Commented [17]: feel better after reflection when he sad

134 Hannah: Okay, more. Can you tell me more about your experience when you feel sad and then  
135 you use reflection to change your mood?

136 Sean: Oh, sure it's a good one so I used to. Every time I do know what our mental breakdown is,  
137 or like, you know what that is, mental breakdown. Now, it's like mental breakdown is like. So to  
138 shadow quarterbacks find from a general niche awesome cool level, right, like mental breakdown  
139 so every time when I used to have a mental breakdown. I would like to record myself crying  
140 because I would cry by myself alone so I will hoard myself time. And then the next time, I'm sad  
141 and upset, I would look at my recording from before. And then I would see how long ago it is.  
142 So if it's a long time ago, I tell myself like hey look, you're doing a good job you haven't been  
143 sad in a while. If it's like really recently, and then I tell myself like hey try to like, improve.  
144 You've already had a mental breakdown this month like try to not have multiple. So that's  
145 something I think that's kind of special that I've done before.

Commented [18]: recording the upset moment for reflectoin

146

147 Sean: Do you understand?

148 Hannah: I think I got it. Okay, Thank you so much for attending this interview.

149 Sean: Sure, thank you.



1 Night Reflection Interview Transcript  
2 Interview ID: I2  
3 Interviewer: Sebastian Priss  
4 Interviewee: Paul (pseudonym)  
5 Date and time: April 26, 2021, 2pm to 2:30pm  
6

7 Sebastian: What does a typical day for you look like?

8 Paul: I usually wake up around like 10:30 or 11 and I instantly make coffee after I get up  
9 probably the first thing I do other than look at my phone and I either have class or I go to work  
10 and both are on my laptop so I'm either in my room or up here in the living room doing work for  
11 a bit, and probably every other day I'll take a shower normally around like noon or little bit  
12 afternoon and then you know I normally have dinner pretty late I have lunch pretty late 'cause it's  
13 not waking up kind of like all my stuff is later so dinner like 8:30 or something like that and  
14 normally after dinner I don't do too much work so I try to get all my work done during the day so  
15 that others like watching YouTube videos or Netflix or Hulu or whatever or like normally I want  
16 to go outside at least once per day like going on walks or something or go to the gym two times a  
17 week then yeah I go to bed normally around like 2 hours later

Commented [SP1]: Using phone

18 Sebastian: How does reflection fit into your schedule if at all?

19 Paul: Not really at all I think the most reflective time is in the shower um but I normally am like  
20 constantly entertained or like I'm not like just doing nothing like even when I go on a walk I  
21 don't just go with nothing I have like my headphones on I'm listening music or like a podcast so  
22 reflection doesn't happen normally that often not they didn't like in the shower when I'm not  
23 doing anything what about like before sleeping is that something you ever do and if so how often  
24 I normally watch like either listen to a podcast or like watch TV before I go to bed and by the  
25 time I stop watching it I'm really tired so it doesn't take that long to get to that after that so I don't  
26 do much thinking right before bed early yeah

Commented [SP2]: Nighttime routine

27 Sebastian: If there is ever like a time where maybe you have an exam the next day something  
28 you're stressing about would you reflect that before that or at night yeah?

29 Paul: OK right before going to bed with let's say the next morning you have something that  
30 might be stressing you out yeah I think that's the one thing is like if I do if I have something do  
31 the next day I think that's probably fair to say that I'll be thinking about like what my plan is to  
32 do it the next day like when I'm gonna find time 'cause normally yeah the hardest part is just  
33 finding time to do it because I've already probably procrastinated on it so like finding time is  
34 important but even when that happens like I still think about it but I'll try to distract myself from  
35 it. So like if I'm working on some math homework and the next day I'm working on it late at  
36 night then I'll just like normally give myself an hour to like you know I'm not going to be doing  
37 work during this time probably not going to be productive so I'll just like watch TV or something  
38 that but I'm not like I normally try to make a plan before I like watch TV but not doing any  
39 thinking when I'm trying to go to bed or at least I'm not yeah I'm trying to I don't think I do it that  
40 often

Commented [SP3]: Avoiding reflection

41 Sebastian: You kind of mentioned how you try to distract yourself from what you are wanting to  
42 think about reflect about what specifically would that be that you're trying to distract yourself  
43 from?

44 Paul: Well I think I don't find it like I'm kind of an anxious person and so a lot of the times like  
45 it's sort of when I'm worrying about something a lot of times it's out of my control or like it's  
46 fixable Anne doing something about it right now is not going to make a difference so I try to just  
47 like now think about it because it's not helpful to always be worrying about stuff sorry for the  
48 original question already but it was just kind of like what you're trying to not think about nothing  
49 about yeah that's yeah I don't know it's mostly school related like I say that's the biggest thing

Commented [SP4]: Unhelpful experience

50 Sebastian: If you can remember a time where you were reflecting before sleep could you walk  
51 me through that experience?

52 Paul: Normally well yeah normally it's no screens are on or anything and I'm just like in my bed  
53 looking up at the ceiling I like or my eyes closed and I'm normally like it's normally pretty  
54 abstract and normally it relates to one topic although it can vary because I'm normally like  
55 consumed with one like issue that I have it's on like just single minded on that one issue and  
56 thinking about like what can I do what to fix it and it is it is it fixable let should I not fix it I don't  
57 know there's a I guess this seems that there is a problem trying to fix it so yeah I'm trying to fix a  
58 problem or else except the fact that it's not fixable which is at the that second part is harder than  
59 thinking about ways to fix something because just accepting things is kind of fun to do so you're  
60 trying to recognize and then accept yeah or I'm thinking about like yeah embarrassing things that  
61 have happened like it's random embarrassing things will come up randomly but not that often so  
62 it's only about something that is in the future rather than in the past or sorry it's yes in the future  
63 rather than in the past I'm normally yeah anxious about the future and I'm not really like thinking  
64 about past events as much so

Commented [SP5]: Focused on specific topic rather than jumping around

Commented [SP6]: Future focused, negative experience, anxiety

65 Sebastian: OK that's very interesting kind of reflecting on where your half is headed rather than  
66 where you've been

67 Paul: Yeah although it probably is pretty useful I just it's less motivating because it's like I can't  
68 change it you can't change where you're going you can't know you can't change the past so it's  
69 like you you like it's already happening OK that's what am I supposed to do think about it more  
70 the whole idea the whole reason to think about more about the past is because of its impact on  
71 the future so I don't know I find myself thinking more about what's going to happen then what  
72 has sure is there OK kind of a little different but how would you compare daytime reflection like  
73 you mentioned in the shower how would you compare that to the nighttime reflection before bed  
74 while daytime reflection is less it's easier to get distracted because normally during the day year  
75 you have stuff to do when you have homework I've I go to my job like I there's it's easier to get  
76 distracted doing that And so it's not like when you're looking in your bed you're just like in a  
77 dark room there's nothing to do and so when there's nothing to do all you have is your thoughts  
78 so like that would be a difference is it's you're doing more like wandering your mind is  
79 wandering way more than during the day could you recall a time where you had a positive  
80 experience with natural reflection I think so I think the thinking about like think about the future  
81 and it normally is not necessarily not that I remember from the past but that's rare so it's more  
82 anxiety about the future so like yeah that's what I would say

Commented [SP7]: Could be positive if you had a good day

Commented [SP8]: Future focused, negative experience, anxiety

83 Sebastian: Is there a specific negative experience with nighttime reflection that stands out to  
84 you?

85 Paul: Negative experience yeah I think 'cause you're you if you're at night time you're not like  
86 gonna get up and do something about what you're thinking right and then I'm like oh I'm thinking  
87 like you know I'm gaining weight for example and like oh I can let go and like find some time to  
88 do a run but at night it's like you're kind of planning for the next day and so so it's like you could  
89 think that but it's like you actually going to do anything until you go to sleep and wake up again  
90 so it's like there's no there's less of a actionable like thing immediate like immediate actionable I  
91 don't know he call it actions instead yeah each can't act immediately so it's a little different  
92 because I think that's it ruminating about stuff that you can't act on is kind of useless so I would  
93 say that's the negative experiences not being able to act on it and also not being able to like  
94 'cause a lot of times sometimes many reflecting you're just completely wrong and like getting a  
95 second perspective is really helpful so like in the daytime you come it's like text somebody like  
96 oh is this a reasonable like fear or like anxiety or is this a reasonable thing that I should be doing  
97 like running a half marathon which I am not going to and you can actually talk to somebody  
98 about it whereas in the night you just like I mean I guess you take your phone out but like you're  
99 trying to go to bed is the supposit point of you being in bed without any phone or anything not  
100 being distracted so yeah yeah I feel like you can get caught up really easily in your thoughts and  
101 like almost catastrophize you're just like oh this is going to happen and this is going to happen  
102 it's going to happen it's going to think the avalanche into something bigger that it's really not and  
103 if somebody else like a third party was to look at it like it's just like a bump in the road or  
104 something

Commented [SP9]: Overwhelmingly negative, nothing to ground oneself

105 Sebastian: What about any like tools or methods to reflect on or fit help moderate your reflection  
106 essentially have you ever used something like that?

107 Paul: I have written in a Journal like but very rarely a weeks worth of days someone like some  
108 time ago but now is kind of nice but I wasn't like paying attention to like its effects on my  
109 reflection like I don't know I just it's hard to not it's hard to like find a correlation between like  
110 feeling better about things and writing it down 'cause I haven't done it long enough and it's cool  
111 to look back on like writing stuff down like years later to see what your mind was like I think  
112 that is really just like a cool maybe not necessarily beneficial but just interesting exercises like  
113 looking at what your pass off is like years ago when you're in a totally different situation but I  
114 don't know how helpful it is generally I think it's cool so yeah writing stuff down and then  
115 distracting yourself but that's distracting itself is not reflecting so it's like if you're asking like are  
116 you asking how do you not reflect their how do you reflect better

Commented [SP10]: Unsure if tools help

117 Sebastian: I'm just asking what tools you may have used to help with reflection

118 Paul: OK yeah then I think they're writing it down which should be the only one because how  
119 important is reflection to you I think it used to not be very important and I kind of it's weird to  
120 say this but I sort of like didn't make associations with things that happened in the past with my  
121 mind state now I think like just in the past couple of years I just realized how much of like how  
122 much more predictable you are when you reflect and you realize like where things come from  
123 where like certain actions come from where traits come from how you interact with people like  
124 how you interact with people is like I feel pretty predictable if you know how people have acted  
125 to you in the past sort of so yeah I think I wasn't very good at that but I think just with age and

Commented [SP11]: Self-awareness

126 like maturity and like looking at other people yeah so looking at other people like experiencing  
127 other people reflect I think is really interesting 'cause it makes them you then think about like oh  
128 what like if they're right about that like what am I like not you know maybe I should reflect more  
129 'cause while they seem to like be really self conscious and no like you know what they're about  
130 an I don't feel like that so I think yeah seeing other people reflectors and being open is helpful  
131 how would you improve your experience with nighttime reflection thanks periods

132 Sebastian: Is there anything that you could think of that might help supplement your experience?

133 Paul: Well the thing is I just don't value it it's like I don't I think reflection is good but I don't  
134 think that the nighttime reflection is necessarily good I think a lot of times I'm trying to like fight  
135 my thoughts row open except the more like so I don't know I just feel like reflecting I think  
136 reflecting in like a structured way is probably better like either during meditation or writing it  
137 down but just thinking about it at night in your bed like you just thoughts going by in your brain  
138 I don't see any like benefit to that specifically so I would probably say just like meditation and  
139 writing stuff down and then using like doing that before you go to bed so it's like you kind of get  
140 it out so that's that's what I would say is like you can do that at night so that's counsels nighttime  
141 reflection yeah

142 Sebastian: Is there anything else you'd like to add to reflection in general, any thoughts?

143 I don't know I don't have anything

Commented [SP12]: Benefits of structure