1.   Could you describe your typical sleep routine on both weekdays and weekends? How many hours of sleep do you aim for each night? Do you have these sleep aims?

A1: I usually just go to bed directly; hmmm, if you count scrolling my phone as a routine, then this might count as my routine; whether on weekdays or weekends, I will lie in bed and use my phone for about half to an hour and turn off the light. I don't set a goal of how many hours I should sleep, but if I know I have work tomorrow morning, I will try to get to bed earlier.

A2: I try to be healthier these days, so normally, I will do some stretching before I hop on my bed. Weirdly, I have more motivation to be healthy during weekdays; at weekends, I just want to relax and do whatever I want, haha. I will watch some comics or read a novel before falling asleep. Yes, I do try to sleep for at least 6 or 7 hours each night, but sometimes things might happen and change my plan.

A3: I don't have a sleeping routine, but I will make sure before going to bed I am physically ready for sleep; I mean, like… I know I am fully hydrated and yet don't need to go to the bathroom. I guess other things, like knowing all the tasks that have to be done, are also important for me, whether on weekdays or weekends. I don't think about having any goals, but I used to sleep for 7 hours per night.

2.   Could you describe the best/worst sleeping experiences you have had from last week?
A1: On Thursday, I forgot the reason, but I stayed up until 2 a.m., and I had to wake up before 6 a.m. for work, which really upset me and affected my emotions the whole day. But on Saturday, I sleep for about 12 hours; I guess as long as I get enough sleep, I will say it's a good sleeping experience.

A2: I think the best experience is on Friday; I know I have lots of time to get a good sleep, and even if I wake up late, I have much time to do all my work. The worst time is when I have to stay up late to complete my tasks and wake up early in the morning for class, but that's all because of my poor time management.

A3: Hmmm, well, last week, I didn't have many things to worry about, so everything was pretty well. The best thing is probably the satisfaction of having time to go to the gym, and I know after a good workout, I can have decent sleep quality.

3.   What are some factors that affect your sleep quality?
A1: 1. Light; 2. Caffeine. Sometimes, I just want to drink something. 3. If I know I have something important to do tomorrow, and I will keep waking up in the middle of the night.

A2: I guess worry about unfinished tasks? I can easily wake up super early if I know there's something urgent that I need to do.

A3: Amount I sleep per night; level of tiredness; sound and bedding stuff.

4.   Have you used any technology to improve your sleep quality? Do you like it? Why?
A1: No, I never think of using technology to improve my sleep quality. (The interviewee does not think of tracking time as a way to improve his sleep quality.)

A2: I do try to use an app that can wake you up gently; surprisingly, it did work and makes me feel more refreshed if I get enough sleep. That's a function I really like about this app, and I still keep the app till today.

A3: Not really; I usually just make sure I'm in good condition and balance my life.

5.   Do you currently have any issues with your sleep? If so, how does it impact you? Could you please tell me a story about it?
A1: Not getting enough sleep; sometimes I know I have to wake up early in the morning, but I do not want to go to bed because I just feel I haven't done enough things, and it's a waste to end the weekend so early.

A2: I think not having enough sleep is an issue for me. I can easily fall asleep around 8 to 9 p.m. these days, yet if I'm still awake after 12, I will feel energetic somehow, and not easy to fall asleep even if it's late.

A3: No, I'm satisfied with the status of my sleep. I guess a few weeks later, the weather can be an issue; sometimes the weather changes affect my skin sensitivity, which makes it hard to have good sleeping quality if I feel unwell when I try to fall asleep.

6.   Do you live alone or with others? Do you share a bedroom with your roommate? How do these factors affect your sleep quality?
A1: I live with another roommate, but I do own my room, so it doesn't affect me that much.

A2: I live alone by myself.

A3: I live with others; no, I have my own bedroom.

7.   Do you have any specific bedroom decorations or arrangements that you believe might contribute to your sleep quality?
A1: I need a lamp because I will need a light when I am using my phone and I can turn it off straight from my bed.

A2: I will always open the curtain before I go to bed, I believe that the morning sunshine makes it easier for me to wake up.

A3: I like to have something to hug when I'm sleeping, like a pillow; also, I need to cover my feet, this just makes me feel safe somehow.