**Interview Script 1: Sleep Routine and Aims**

**Interviewer:** Hello, Anna, thank you for participating in this interview about your sleep habits. Let's start with your typical sleep routine. Could you describe your sleep schedule on both weekdays and weekends? How many hours of sleep do you aim for each night, and do you usually achieve these goals?

**Participant:** Sure. On weekdays, I usually try to go to bed around 11 PM and wake up at 7 AM. So, I aim for about 8 hours of sleep. On weekends, I tend to stay up a bit later, but I still aim for around 8 hours of sleep, although I sometimes sleep in until 8 or 9 AM.

**Interviewer:** Thank you. That gives us a good idea of your routine. Now, could you share any of your best or worst sleeping experiences from last week? Any particularly restful or disrupted nights that stand out?

**Participant:** Well, I had a great night's sleep on Tuesday. I fell asleep almost immediately and woke up feeling refreshed. However, on Thursday, I had a really bad night. I couldn't fall asleep for hours, and when I did, I kept waking up throughout the night. It left me feeling exhausted the next day.

**Interviewer:** Stress and anxiety can have a significant impact on sleep. Did you have any particularly stressful events or worries on the night in question that may have kept your mind racing and made it difficult to relax and fall asleep?

**Participant:** Yes, I was quite stressed about an upcoming presentation at work. I kept thinking about it, and it made it hard to unwind.

**Interviewer:** That's a common experience. Stress can indeed keep you awake and lead to fragmented sleep. Were there any disturbances like noise, light, or temperature issues in your sleeping environment that night?

**Participant:** It was relatively quiet, but the room felt a bit too warm. I remember tossing and turning because of that.

**Interviewer:** Did you consume any heavy or spicy meals close to bedtime on the night in question? Sometimes, late-night eating can lead to discomfort and disrupted sleep. Or any caffeine-containing beverages or stimulants later in the day or evening?

**Participant:** I did have a heavy meal a couple of hours before bed. I was feeling hungry, so I thought it would help me sleep better. Now that you mention it, I had a cup of coffee in the early evening. I didn't think it would affect my sleep.

**Interviewer:** Thank you for sharing that. Next, have you ever used any technology or gadgets to improve your sleep quality, such as sleep trackers or white noise machines? If so, did you find them helpful, and why?

**Participant:** Yes, I've tried using a sleep tracker and a white noise machine. The sleep tracker helped me understand my sleep patterns better, and it motivated me to stick to a consistent schedule. The white noise machine helps drown out background noise, which is especially useful when I have noisy neighbors. So, I'd say they've been helpful.

**Interviewer:** Do you live alone or with others? How do these factors affect your sleep quality?

**Participant:** I live alone in my own apartment. It generally has a positive impact on my sleep quality because I have full control over my sleep environment. I can set the room temperature, control the noise, and follow my own bedtime routine without disruptions. It's been quite conducive to getting restful sleep.

**Interviewer:** Do you have any specific bedroom decorations or arrangements that you believe might contribute to your sleep quality?

**Participant:** I enjoy sleeping with a teddy bear. It immediately puts me at peace. Because my bedroom is quiet enough, I believe this environment is conducive to good sleep.

**Interviewer:** Thanks for your answers!

**Interview Script 2: Sleep Issues and Impact**

**Interviewer:** Hi, Ben, thank you for participating. Do you currently have any issues with your sleep? If so, could you tell me how they impact you on a daily basis?

**Participant:** Certainly. I've been dealing with insomnia lately. It's been difficult to fall asleep, and even when I do, I wake up frequently during the night. This lack of quality sleep has left me feeling fatigued and less focused during the day. It's affecting my work and overall mood.

**Interviewer:** I'm sorry to hear that. Can you share a specific story or experience related to your sleep issues, something that illustrates how it's been challenging for you?

**Participant:** Absolutely. Just last week, I had an important presentation at work. I was up all night trying to prepare, and the lack of sleep really showed during the presentation. I stumbled over my words, couldn't concentrate, and it was embarrassing. I knew my sleep issues had a direct impact on my performance that day. Therefore, stress is a big one. When I'm stressed, it's harder for me to fall asleep and stay asleep.

**Interviewer:** Could you describe your typical sleep routine on both weekdays and weekends?

**Participant:** On weekdays, I normally go to bed at 2 p.m. and get up at 8 a.m. for class. The weekend will be postponed. Because I suffer from insomnia, I occasionally go to bed late.

**Interviewer:** So do you do any activities before you go to bed to improve your sleep quality?

**Participant:** Yeah. When I wind down with a book or some calming music, it usually helps me sleep better. On the negative side, too much screen time before bed tends to disrupt my sleep.

**Interviewer:** Have you used any technology to improve your sleep quality, haven’t you?

**Participant:** I hardly ever use technology to keep track of my sleep. I believe it will bother me more and cause me worry.

**Interviewer:** OK, that’s fine. Do you live alone or with others? How do these factors affect your sleep quality?

**Participant:** I share a house with three roommates. Our schedules and routines differ, which can sometimes affect my sleep. If they stay up late or have friends over, it can be noisy, and that disrupts my sleep. However, we've discussed quiet hours to minimize disturbances, and that has helped improve the situation somewhat.

**Interviewer:** Would you install soundproofing in the house to alleviate the situation?

**Participant:** Not at all. Normally, I only bring earplugs when it's noisy.

**Interviewer:** Thanks for your answers!

**Interview Script 3: Living Arrangements and Bedroom Environment**

**Interviewer:** Hello, Helen, thank you for participating in this interview about your sleep habits. Let's start with your typical sleep routine. Could you describe your sleep schedule on both weekdays and weekends? How many hours of sleep do you aim for each night, and do you usually achieve these goals?

**Participant:** Certainly. On weekdays, I usually go to bed around 10:30 PM and wake up at 6:30 AM, aiming for 8 hours of sleep. On weekends, I stay up a bit later, around midnight, and sleep in until 8 or 9 AM. So, I aim for around 9 hours on weekends.

**Interviewer:** What are some factors that you believe affect your sleep quality, positively or negatively?

**Participant:** Stress is a significant factor that negatively impacts my sleep. When I'm stressed, I find it hard to relax and fall asleep. On the positive side, having a calming bedtime routine and a comfortable mattress and pillows make a big difference in the quality of my sleep.

**Interviewer:** Have you used any technology to improve your sleep quality, such as sleep trackers or white noise machines? If so, did you find them helpful, and why?

**Participant:** Yes, I've used a sleep tracker, and I found it helpful in monitoring my sleep patterns and identifying areas for improvement.

**Interviewer:** Thank you for sharing that. Moving on to your living arrangements, do you live alone, or do you share your living space with others? If you have roommates, do you share a bedroom, and how do these factors affect your sleep quality?

**Participant:** I live with my partner, and we share a bedroom. Most of the time, it doesn't affect my sleep negatively; in fact, I find their presence comforting. However, there are occasional nights when their snoring keeps me awake.

**Interviewer:** I see. Lastly, do you have any specific bedroom decorations or arrangements that you believe might contribute to your sleep quality? Are there any elements in your bedroom that you find particularly soothing or disruptive?

**Participant:** I try to keep my bedroom simple and clutter-free. I've also added blackout curtains, which help create a dark sleeping environment. We have a few calming posters and dimmed lighting to create a relaxing atmosphere. Overall, I think these elements contribute positively to my sleep quality.

**Interviewer:** Thanks for your answers!

**Analysis**

**Sleep routine:** Most students require eight hours or more of sleep per night.

**Factors causing sleep issues:**

* Stress (mainly due to academic index e.g. presentation…)
* poor sleeping environment (e.g. noise made by roommates/neighbours, sometimes from partners)

**Technology:**

* sleep tracker (wearable) – “helpful in monitoring my sleep patterns and identifying areas for improvement”
* white noise machines – deal with other noise

**Living patterns:**

* Live alone – quiet
* Live with partner - Sometimes it relaxes the mood, and sometimes it negatively affects sleep

**Bed room decoration:**

Visually relaxing – lighting modification

Relaxation to the touch – soft pillows…