**Do you often stay up late?**  
Not really on a regular basis, but it happens. Sometimes I wake up naturally without an alarm, while other times I find it really hard to get out of bed and end up staying up late the night before.

**Did you stay up late when you were a kid?**  
No, hardly ever. I usually went to bed early because my school was far from my home, so I had to get up very early in the morning.

**What does it feel like the next morning if you stay up late?**  
Honestly, I feel exhausted and it seems like the whole day is wasted. I can’t concentrate and even simple tasks feel tiring.

**What do you do when you stay up late?**  
To be honest, I don’t really get much done. I might just scroll on my phone or watch something, but the next day I tend to be less productive and sometimes just let the day slip away.

**When did you start using the internet?**  
I first got access to the internet when I was about three years old, which was in the early 2000s. Back then, the internet was quite limited, and I could only play some simple games or browse small forum websites.

**How often do you go online?**  
When I was a kid, I went online pretty often, mainly to play games. Nowadays, I still spend a lot of time online, but I usually use it for more academic purposes, like reading research papers or watching science and tech videos.

**How does the internet influence people?**  
The internet has made it incredibly easy for people to access information. However, it has also given rise to short-video platforms. Whether these videos provide healthy entertainment or simply waste people’s time is still a bit debatable.

**Do you think you spend too much time online?**  
Honestly, yes. Since my work is computer-related, I spend almost the whole day connected to the internet. Sometimes I feel it’s unavoidable, but it definitely takes up most of my time.

**Did you do puzzles in your childhood?**  
Yes, I did. I used to play with all kinds of puzzles and educational toys. The one that left the deepest impression on me was building blocks. I actually had an entire cabinet full of them, and I felt quite proud whenever I showed them to my friends.

**When do you do puzzles, during your trip or when you feel bored?**  
Mainly when I was bored. Back in my childhood, electronic devices weren’t that common, so the main source of fun for kids like me was playing with different kinds of toys and puzzles.

**Do you like doing word puzzles or number puzzles? Which is more difficult for you?**  
Honestly, I enjoy both word puzzles and number puzzles. I wouldn’t say either of them is too challenging for me, but maybe number puzzles can be a bit trickier if they involve calculations.

**Do you think it is good for old people to do puzzles?**  
Yes, definitely. I believe doing puzzles can be very beneficial for elderly people. It helps them stay mentally active, gives them something enjoyable to do, and also provides a good way to ease loneliness or boredom.