

Drawing Number	Participant Number	
01	01	
Performed referenced action	Heard (Researcher / Participant dialogue)	Seen (Researcher observations)
01	<p>R: We are in your main bedroom, and I want to know what time is it that you wake up.</p> <p>P: Around 08:00</p> <p>R: Is that by alarm?</p> <p>P: It is.</p> <p>R: And is that by your phone?</p> <p>P: No, it is by my tiny Casio clock.</p> <p>R: What happens then if you oversleep or turn the alarm off?</p> <p>P: It has happened sometimes where I've turned it off and have to go back to sleep, but it is pretty aggressive as I sleep with the alarm clock on my side, so it's right in my face in the morning.</p> <p>R: What do you do then when the alarm has gone off at 08:00?</p> <p>P: Typically, I will flounder about in bed till 08:30; at the moment, I am playing Fallout Shelter, so I will play on that for a few minutes, then go in the shower.</p> <p>R: Is that on a games console?</p> <p>P: No, it is on my phone.</p> <p>R: So, is that about relaxing in the morning?</p> <p>P: I would not say relaxing but more about engaging my brain to actually wake up in the morning.</p> <p>R: So, it's about playing a game that makes you more alert?</p> <p>P: Yeah, or I would read the news as well.</p>	<ul style="list-style-type: none"> • The Casio alarm clock appears no bigger than a tennis ball and is located on the participant's side of the bed (right-hand side). • Alarm clock and mobile phone noted on the participant's bedside table. • Tidy Bedroom with items stacked or stored away in boxes. • Several external power banks on participants' chest of draws with multiple USB charging cables plugged in.
02	<p>R: So, you get out of bed and then go where?</p> <p>P: I would go and have a shower.</p> <p>R: OK, let's go there.</p> <p>P: I would probably go and get my towels out of here (Second Bedroom).</p> <p>R: So, you would get your towels out first?</p> <p>P: I guess so, so this is our spare room slash drying room, we have a dehumidifier, as you can hear rumbling, and this is where we keep all of the clothes when we dry them.</p>	<ul style="list-style-type: none"> • Several towels hung over the clothes dryer. • The dehumidifier makes a loud noise, which the participant blocks by closing the door behind him.
03	<p>R: OK, so you have your towel. Do you go in with your towel?</p> <p>P: Yeah.</p>	<ul style="list-style-type: none"> • Products in easy reach of the shower.

	<p>R: Then shower?</p> <p>P: Yeah, shower, then brush my teeth, that sort of stuff.</p> <p>R: And how long would you spend in the shower?</p> <p>P: Too long, sometimes more than 10 minutes, as sometimes I get stuck thinking about the PhD and stuff like that. I do a lot of shower-based reflection you see.</p> <p>R: Shower base reflection?</p> <p>P: Yeah, which is not very good for the hot water tank.</p> <p>R: OK, so would you say it would be around 08:45 by now?</p> <p>P: Yeah so I try to get out of the house around 08:45 and 08:50 as if I really caned it on the bike, I could get to work for just about 09:00.</p> <p>R: So, you come out of the shower at what time would that be?</p> <p>P: It depends, on Tuesday, if I have a hard 09:00 start, then I will get out of bed earlier, and I will take a little less time in the shower. But if I have not got to be there until 09:30, then I will probably get out of the shower at 08:45.</p>	
04	<p>R: OK, let's go with that one; where do you get dressed?</p> <p>P: I normally come out and get dressed in the bedroom.</p> <p>R: Do you have your clothes laid out, like pre-selected?</p> <p>P: No.</p> <p>R: Do you wear whatever?</p> <p>P: I have a consistent system, which is that I have socks, and boxer shorts and then these are bad t-shirts and good t-shirts.</p> <p>R: So, what is a bad t-shirt?</p> <p>P: A bad T-shirt is one that I wear indoors, a good T-shirt is one that I would wear outdoors, and if I ever need a shirt, they are in there.</p> <p>R: So, there is an element of the image if you have good and bad, and you choose good over bad?</p> <p>P: Image only if you think of consistence; like I said, they are all this kind of Primark, no branding, no fuss t-shirt, and I just think it is easier that way.</p> <p>R: So, by having these t-shirts in the draws about efficiency?</p> <p>P: It's about space.</p> <p>R: Space?</p> <p>P: Yeah, we do not have a lot of space.</p> <p>R: So organisation is important?</p> <p>P: Yeah, but me and my wife need a new set of chests of drawers, but we do not want to buy as we want to move and the more stuff, we have, the more that will need to be moved.</p>	<ul style="list-style-type: none"> • Pile of used clothes heaped in the corner of the room. • Inside the chest of draws, all t-shirts were neatly folded.

05	<p>R: OK, so your dressed.</p> <p>P: I'm dressed.</p> <p>R: Do you take a packed lunch?</p> <p>P: I do, normally lovely prepared by my lovely wife.</p> <p>R: Is that usually ready in the morning?</p> <p>P: It is normally prepared the evening beforehand, I would usually grab some fruit because I do not normally eat breakfast, sometimes I would eat breakfast at work if it has been premade.</p> <p>R: Do you not eat at home as you do not have enough time?</p> <p>P: It is time if I try and eat it in the morning, yeah and I do not normally eat here as I am usually already so late just having to get to work. My wife does not eat breakfast either, so maybe if we got up together.</p> <p>R: So it's a household thing?</p> <p>P: Yeah, we are not usually that hungry when we wake up, so we do not then eat. We are both night people, so it is not that uncommon to have a 02:00 bedtime.</p> <p>R: So everything is pushed back?</p> <p>P: Some days I really struggle with just 06:00 hours sleep to then get up in the morning.</p> <p>R: So you have picked up your lunch.</p> <p>P: Yeah.</p> <p>R: Do you take lunch as it is cheaper or quick?</p> <p>P: Definitely cheap, you can make a lot of savings, there is now where cheap really on uni.</p>	<ul style="list-style-type: none"> Packed lunch was shown to be left out on the kitchen worktop.
06	<p>R: OK, so do you take a bag to work?</p> <p>P: Yeah, it always has my laptop in it and then I put my lunch in as well as anything I need for the day, which is normally my laptop, then I would just go out to the Hallway and put my cycling shoes on and then go downstairs to my bike.</p> <p>R: OK, so is your backpack always in the same location?</p> <p>P: Not that exact location. I went through bit of a period of keeping it in the there (Second Bedroom) but now that has been repossessed it not float around, normally in this room (Living Room).</p> <p>R: Is it in the same spot so you remember it?</p> <p>P: Yeah, it is easier to find.</p>	<ul style="list-style-type: none"> Work backpack in the Living room placed on the floor by the TV.
07	<p>R: OK, so you pick your backpack up and then get your shoes?</p> <p>P: Yeah, then I run downstairs and that Is pretty much it. Oh, I obviously kiss my wife goodbye in the morning. Sometimes she would text me saying, did you actually say goodbye to me today? So I would say yes, I did.</p>	<ul style="list-style-type: none"> Hallway filled with different types of shoes, organised on shoe rack.

08	<p>R: So, you are out the door on a good for 09:15?</p> <p>P: No, no, no, on a really good day it would be 08:45 to make it into work for 09:00. On a bad day it can be anywhere from 09:30 to 10:00 on a really bad day. But, the problem with a PhD is that you can say, oh I did not get up that early, so I'm going to work later.</p> <p>R: So what makes up a bad day for you?</p> <p>P: It would be a combination of, I do not think it is a bad day overall but more of an internal pride thing, where I think I really should turn up for 09:00.</p>	
09	<p>R: What time on an average day would you come back from work?</p> <p>P: I usually leave work for 18:00 which means that I am home for 18:15 to 18:30.</p>	
10	<p>R: What is your routine at this point? So you have your backpack on and your shoes and coat still on.</p> <p>P: Take of the shoes and hang the coat up usually in the Hallway.</p>	
11	<p>R: And these goes in the same spot?</p> <p>P: Yeah, then the backpack will usually be put somewhere in the Living Room and then depending on what we are doing I will either hook up my laptop to the TV or start cooking.</p>	
12	<p>R: So if you are cooking, is this a pre-planned meal?</p> <p>P: I mean we do meal plans, we try to cook that will last us two meals, so like big pot meals.</p> <p>R: Is this something that you enjoy, I mean have the same meal on back-to-back days?</p> <p>P: Yeah, well I do not mind it, but my wife finds it a little strange. I have lived on my own for some time now, so I am used to have the same thing for lunch and dinner. Whereas, my wife comes from a large family that would typically feed all of them so there would not be any spare for leftovers.</p> <p>R: So is it intentional to cook larger portions or is it the packaging of food that you buy?</p> <p>P: We vary rarely cook things from packets, we cook an awful lot from scratch.</p> <p>R: Right, so is that something that you enjoy doing?</p> <p>P: Yeah, you do not have a Kitchen that looks like this if you do not like cooking. Every cupboard you see here is for the two of us and it is full.</p> <p>R: Are you creative in the Kitchen?</p> <p>P: I am a hearty food man, look at my cookery books I've got Japanese ones, Chinese ones, Indian ones all kinds of stuff. This one even has a recipe for whale in it, not that I have ever done that. Let the record show that I have never cooked whale.</p> <p>R: But you enjoy...</p> <p>P: Yes, it is definitely a hobby.</p> <p>R: So when you come home from work are you still enthused to cook?</p>	<ul style="list-style-type: none"> • In the Kitchen there are different types of utensils hanging on the wall. • Spice and herbs displayed in cupboard next to cookbooks.

	P: I mean , I personally see it as something I do enjoy doing.	
13	<p>R: So you would come in and prep a meal?</p> <p>P: I mean yeah, I tend to make things that simmer, whereas my wife makes fast food. When I cook, I tend to make something that can be left for an hour whilst we watch TV.</p> <p>R: So whilst something is in the oven bubbling away, you would chat to your wife?</p> <p>P: Yeah, we talk a lot.</p> <p>R: Do you talk about your day?</p> <p>P: It is usually things in the news. When there is something that I am particularly stuck on, we would then talk about it, but I have this rule with everybody outside of the PhD where I try my best not to talk about my PhD, as there are so many other things in the world to talk about. So yeah, we generally talk about nearly everything else.</p>	<ul style="list-style-type: none"> • Conversation tends to take place in the Living Room.
14	<p>R: So when the food is ready an hour later, do you eat at the table and what time would dinner be ready for?</p> <p>P: Yeah, between 19:00 to 20:00 as I finish work at 18:00, but on some nights, we would eat earlier as I have Korean lessons, but 19:00 is usually a fair estimate.</p>	
15	<p>R: Do you talk when you are eating?</p> <p>P: We try not to bring our laptops to the table, so we can talk.</p> <p>R: OK then, so what is that about?</p> <p>P: I do not know; I think it's just a coincidence that me and my wife have been raised in the same way.</p> <p>R: So do you consider it rude then if one of you were on your phone say?</p> <p>P: I think it is more that we just like to talk, the thing that we really need to do which we are terrible about it in bed is to stop using our phones in bed. I mean there was not a TV in there until recently, for the most part, we sit together on the sofa (in the Living Room) but it is getting too cold to stay in here, so we now get in to bed and watch TV.</p>	<ul style="list-style-type: none"> • Dining room table clear of clutter.
16	<p>R: OK, so after dinner during the cooler months do you go straight to bed?</p> <p>P: We stay on the sofa for as long as we can really.</p> <p>R: Do you wash up straight away, or is it usually left?</p> <p>P: We try and do the dishes in the evening, but they would usually be a days' worth of dishes. We refuse to use the dishwasher, I keep on saying that I wish it was another cupboard, the problem is that it costs a lot of money and it is not really that much cleaner unless you really work at it. On a good day, we share the washing up on a bad day it's like a third of me and two-thirds my wife.</p> <p>R: Again the bad days is interesting, is that you depicting yourself as lazy?</p> <p>P: Yeah, we are all lazy, but I feel that it is more to do with my workload, so this week I know I will get not much sleep as I have a deadline this week.</p>	<ul style="list-style-type: none"> • Participant does a small amount of pots before sitting down on the sofa to then go back, this continues throughout the evening. • Distance between the sink and the TV noted to be close.

	<p>R: OK, so after you have eaten and cleaned the pots, what time would you go to bed or at least go to the Bedroom from watching TV in the Living Room?</p> <p>P: About midnight, so after we cook and eaten it is not like a fixed thing that the dishes get done, usually it is spread out through the evening tidying the kitchen. So I would watch TV then clean some pots and my wife would give the synopsis of what is happening and if it is really good then I would stop what I'm doing and re-join her, that is why usually it take like 2 hours to do.</p>	
17	<p>R: OK, so after you have eaten and cleaned the pots, what time would you go to bed or at least go to the Bedroom from watching TV in the Living Room?</p> <p>P: About midnight, so after we cook and eat it is not like a fixed thing that the dishes get done, usually it is spread out through the evening tidying the kitchen. So, I would watch TV then clean some pots, and my wife would give the synopsis of what is happening, and if it is really good then I would stop what I'm doing and re-join her, that is why usually it takes like 2 hours to do.</p> <p>R: So, some of the chores in the house are prolonged?</p> <p>P: Yeah, I do not like doing dishes, so it's like a buffer, I would take the laptop in the Kitchen with the Bluetooth speaker on if my Wife has gone into the Bedroom.</p> <p>R: So it is a bit of a distraction?</p> <p>P: Yeah, I do not really like the quiet, I know that sounds strange, I get it from my father.</p>	
18	<p>R: So you both go to bed at midnight to 01:00 in the morning?</p> <p>P: We would usually fart around in bed on our phones for a little while.</p> <p>R: So are you doing your own thing then at this point on your phone?</p> <p>P: Yeah, my wife is usually speaking to her family in Korea, because in Korean time, 01:00 is about 07:00 in the morning there, which is partly where the habit has come from. When my wife was in Korea, I would stay up messaging her. But yeah, we are really both nighttime people.</p> <p>R: So when do you go to sleep?</p> <p>P: I would say around 02:00.</p> <p>R: And your alarm is pre-set at this point?</p> <p>P: Yeah, I flick it up.</p>	<ul style="list-style-type: none"> • Participant turns off the Bedroom light and navigates himself around the furniture by phone light before going to sleep. • Bedroom light switch located near door (not near participant side of the bed).