

Drawing Number	Participant Number	
14 & 15	11	
Performed referenced action	Heard (Researcher / Participant dialogue)	Seen (Researcher observations)
01	<p>R: OK, so we are in the Bedroom and what time do you wake up?</p> <p>P: So my alarm goes off at 06:40.</p> <p>R: Is it the alarm set by this Philips light here?</p> <p>P: Well, my iPhone is set for 06:40, and the Philips light is set for 06:50.</p> <p>R: OK.</p> <p>P: However, the light on the Philips gets brighter so by 06:50 the room is fully lit up.</p> <p>R: OK.</p> <p>P: I also have several alarms on my phone set for 06:40 and 06:45.</p> <p>R: So it seems to me that alarms are quite important?</p> <p>P: Yeah, because I always click snooze, I cannot get up on the first one.</p> <p>R: How come?</p> <p>P: I am just not very motivated to get up; I find it very difficult to have the energy to spring out of bed.</p> <p>R: Right, so the amount of alarms you have set are for precaution?</p> <p>P: Yeah, I have overslept by snoozing the alarm too many times, and that creates time problems as I am cramming everything I need to get done in a shortened time frame. So, I would start to take things for granted, like my bag having the right stuff in it and like my keys being where I expected them to be</p> <p>R: And do you oversleep now with these alarms?</p> <p>P: No, I actually like to wake up a bit earlier and know that I have a bit of time in bed to check Facebook. I usually get my phone from here [bedside table] from the wireless charger and scroll through Facebook to see what I have missed, check the news and the weather, and once I'm ready to get out of bed, it is about 07:00, and I go straight through into the en-suite Bathroom.</p> <p>R: Does going on your phone help with waking up?</p> <p>P: Yeah, because I am focusing on something and slowly become more and more awake, rather than hitting snooze and hoping I would stay awake.</p> <p>R: Going back to the alarms you have set, you have a sound-based one and a light one. Do you like the way they wake you up?</p>	<ul style="list-style-type: none"> Philips light and iPhone both on bedside table. Participants' Bedroom is painted a dark green colour, possibly contributing to making the Bedroom even darker in the morning.

	<p>P: Not really, although the light feels quick nice, the alarms you get on the iPhone all feel harsh to listen too but it does help me to come around quicker.</p>	
02	<p>R: OK, and now what do you do? P: I would have a little wee. R: Do you turn any lights on? P: Yeah. R: Is your wife awake at this point? P: Yes, she is up before me. R: And how does she get up? Does she disturb you? P: No, she only gets up a bit before me, and then she goes downstairs to sort out the dog. R: OK. P: So whilst all of that is happening, I am sorting myself out, so I turn the light on as it is quite dark in here (en-suite) anyway. I would then fire up the shower and get in there 5 to 10 minutes sometimes I do not wash my hair and sometimes I do. I then grab the towel from the towel rail so it is nice and warm and dry, dry myself down and then I might walk around a bit.</p>	<ul style="list-style-type: none"> • Small window in en-suite located at the side of the house. • Products neatly aligned on windowsill.
03	<p>R: So you then come back into your Bedroom? P: Back into the bedroom. R: And is it about 07:15? P: Yeah about 07:15, I would sit down for 00.05 minutes and check Facebook again and then I would get my batteries out of my e-cig charger and make sure they are all ready. R: So are they charged in the evening? P: Yeah, they are already charged from the evening. R: And this is important? P: Yes, I would put them on charge before going to bed, so they are always ready in the morning. R: Have you ever forgot to charge them? P: Yes, I have. R: OK and what is that like?</p>	<ul style="list-style-type: none"> • Participants wardrobe is organised by piles of clothes. • Plug socket located on bedside table with e-cig battery charger connected. • Products in basket mixed with participants wife's products. • Participant re-enacts holding dog and mugs awkwardly.

P: Well in the most extreme circumstances if they do not work then I would have to buy some cigarettes instead, which is not ideal. Then I go to my wardrobe, it does not take me long to pick my clothes.

R: Do you have a uniform for work?

P: I do not have a uniform for work, it is smart casual but verging more on the casual.

R: OK, so do you have any difficulties in selecting what to wear?

P: No, I make it easy on myself by basically wearing jeans and a different hoody every day, so I have a selection of jeans and hoodies which I just mix up.

R: OK, so you have a drawer in your wardrobe for each one?

P: Yeah hoodies are hung up and the jeans are in the drawer.

R: So it is pick and mix?

P: Yeah, so I would then get dressed in the Bedroom.

R: So you also have all of your products on the side?

P: Yeah, the product are the side.

R: So are these ones that you would use regularly?

P: Then the straighteners would go on and I would then leave them to heat up whilst I get dressed and as soon as I am dressed. I would sit at the dressing table and straighten my hair and I might put a bit of wax in it and hairspray. I would leave the hair straighteners on as my wife would use them after, at this point she is doing her make-up on the floor.

R: So if something was to go wrong in your routine and you would be late, how would you cope with that?

P: So if the straighteners were not on?

R: Yeah how would you deal with that?

P: Well it would make me a bit late for work.

R: So you would carry out your routine regardless of the time duration of it.

P: Yes.

R: Is there a limit where you would have to cut it off, say if many things were not working?

P: Ideally, we want to be setting off from here for about 08:00, well we are car sharing at the moment, so it would make my wife late and not me.

R: OK, so you being ready and the things that help you to be ready not being in the right place could make your wife late?

P: Yes.

R: So your dressed.

P: Dressed and ready to go.

R: Then you go downstairs?

	<p>P: Yeah, I would exit the Bedroom, I would let the dog out as my wife has brought her up and put her in her pet carrier as she can be a bit naughty. Oh, also my wife has brought a cup of tea up, so the tea is usually waiting there (dressing table) every morning.</p> <p>R: OK.</p> <p>P: So she does the dog every morning and I do the dog in the evening, so there is normally a tea waiting, which I drink as I am doing my hair. Then I unzip the dog and carry her and the empty mugs downstairs.</p> <p>R: So you have the dog and the mugs?</p> <p>P: Yeah.</p> <p>R: So do you have a backpack or anything that you take to work?</p> <p>P: Yes, I do, the backpack is on the floor (by Bedroom door).</p> <p>R: Is this pre-packed?</p> <p>P: Pre-packed, there is not much in it, just the essentials.</p> <p>R: So what sort of things are we talking?</p> <p>P: I mainly like e-cig juice but I may take it to work to put lunch in.</p> <p>R: OK, so personal things?</p> <p>P: Yeah personal things, but if I forget the bag, then I would live. So I would grab that (bag), the mugs and the dog is coming down with me.</p>	
04	<p>P: Yeah so down the stairs.</p> <p>R: And what time is this?</p> <p>P: It is probably about 07:35 to 07:40.</p> <p>R: OL.</p> <p>P: Straight through into the Kitchen.</p> <p>R: So you have the dog and the cups still.</p> <p>P: Yeah dog and the cups, I would then put the cups in the dishwasher.</p> <p>R: Do you have breakfast?</p> <p>P: I will go over and get some cereal then I will get a bowl and go to the fridge to get some milk out, then I will walk over to the Orangery and sit down here (in the chair) and enjoy my cereal.</p> <p>R: So is the dog still with you?</p> <p>P: She is in the room, I might have to pick her up if she want to see me.</p> <p>R: OK.</p> <p>P: I'm basically waiting for my wife to come downstairs now; she does not have breakfast here.</p> <p>R: Is that a time thing?</p> <p>P: No more of a habit thing, so she will grab a banana and take that to work.</p> <p>R: Do you take a packed lunch?</p>	<ul style="list-style-type: none"> • Sits in chair closest to patio door in the Orangery in anticipation to having to let the dog outside again. • Takes backpack into Kitchen to pack his lunch and gestures the bag to leave it on worktop in sight.

	<p>P: I take a packed lunch on a Monday in bulk.</p> <p>R: So you take a lot of stuff?</p> <p>P: Yeah, I take a lot of stuff for 5 days.</p> <p>R: So it is Monday morning and you take?</p> <p>P: It is just a bunch of bananas, 5 tins of soup from that cupboard (corner cupboard in Kitchen) a pack of pitta breads from the bread bin and a pack of yoghurts from the fridge.</p> <p>R: And you take that all together?</p> <p>P: Yes that would go in my backpack that morning. So my wife would be coming down the stairs, so she is telling me that we need to leave.</p> <p>R: Yeah.</p> <p>P: So it is probably 07:50 to 07:55 in the morning.</p>	
05	<p>R: The dog is sorted?</p> <p>P: I would then put the dog away.</p> <p>R: In a pen?</p> <p>P: Yeah in a pen in the Utility, so she's fine as she has been let out this morning by my wife.</p> <p>R: Yeah.</p> <p>P: I would then close the Utility door and come to the front door to put my shoes on.</p>	<ul style="list-style-type: none"> • Dog pen fits the width of Utility. • Dog toys and tea towels on top of pen.
06	<p>R: Are you pushed for time in your routine?</p> <p>P: It is Ok, I know that when my wife comes down it is about time to leave.</p> <p>R: Do you relax before going to work?</p> <p>P: The relaxation is the few minutes before I get up looking at social media and then when I eat my cereal.</p> <p>R: What time do you leave for?</p> <p>P: About 08:00.</p> <p>R: And you swap cars to drive to work in?</p> <p>P: Yes, every day.</p>	<ul style="list-style-type: none"> • Shoes in wicker baskets in rack next to the front door.
07	<p>R: What time do you walk back in at?</p> <p>P: We come back from work at 18:00 sometimes 18:30, then I would drop my bag on the stairs then go into the Utility room and say hello to the dog and let her out, then get her harness and some poo bags.</p>	
08	<p>P: We come back from work at 18:00 sometimes 18:30, then I would drop my bag on the stairs then go into the Utility room and say hello to the dog and let her out, then get her harness and some poo bags.</p>	<ul style="list-style-type: none"> • Participant leans over stairgate and gestures that he would throw his bag onto the stairs.

09	<p>P: We come back from work at 18:00 sometimes 18:30, then I would drop my bag on the stairs then go into the Utility room and say hello to the dog and let her out, then get her harness and some poo bags.</p>	<ul style="list-style-type: none"> • Harness and poo bags located next to pen in Utility.
10	<p>R: So once you have let your dog out of her crate, what happens then? P: Then I would grab the lead and the poo bags from off the side here [Utility] and then attach her harness and take her out for a walk. R: So you walk her straight away? P: Yeah, just to get it over and done with so I can get back and get relaxed. R: OK, so after doing a full day's work do you not enjoy this walk? P: It is definitely mood-dependent, generally I just want to get back home, cook dinner and slump in front of the TV. But she [the household dog] has been on her own all day so it is not fair on her. R: OK. P: So once she [household dog] is ready then it is back to the front door and then I take the dog for a walk for about 00.15 minutes. R: And then what happens? P: Well we would go on to a field for her to do her business, but that can be very muddy, so if it has been raining then we would have to quickly give her [household dog] a wash once we get back in. R: Is that stressful as all? P: Only when she tramples mud on the carpet because then we have to wash that, and it just is not what you need when you come home from work. R: What time is this now? P: It is probably about 19:00, so I would have kicked my shoes off, take the harness of the dog let her go through, then I go back to the Utility if she is not muddy, I would then put the dog stuff back and then I would start dinner.</p>	
11	<p>R: What time is this now? P: It is probably about 19:00, so I would have kicked my shoes off, take the harness of the dog let her go through, then I go back to the Utility if she is not muddy, I would then put the dog stuff back and then I would start dinner.</p>	
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13	<p>R: What time is this now?</p> <p>P: It is probably about 19:00, so I would have kicked my shoes off, take the harness of the dog let her go through, then I go back to the Utility if she is not muddy, I would then put the dog stuff back and then I would start dinner.</p>	<ul style="list-style-type: none"> Participant takes harness off dog and shows that he would reach for her towel to dry her paws.
14	<p>R: Yeah.</p> <p>P: So I would then go into the Kitchen, decide what we are having to eat and then start cooking the dinner. We normally would eat for around 19:30, so the dog eats when we eat, so just before we dish up it is back into the Utility weigh her food out, put that down then she will eat her food as we eat ours, normally on our laps in the Living Room.</p> <p>R: OK.</p>	<ul style="list-style-type: none"> Visible large collection of cookery books on top of American style fridge-freezer. Spice rack on Kitchen worktop.
15	<p>R: Yeah.</p> <p>P: So I would then go into the Kitchen, decide what we are having to eat and then start cooking the dinner. We normally would eat for around 19:30, so the dog eats when we eat, so just before we dish up it is back into the Utility weigh her food out, put that down then she will eat her food as we eat ours, normally on our laps in the Living Room.</p> <p>R: OK.</p>	<ul style="list-style-type: none"> Participant shows how they would weigh the dog's food with scales at side of pen.
16	<p>R: Yeah.</p> <p>P: So I would then go into the Kitchen, decide what we are having to eat and then start cooking the dinner. We normally would eat for around 19:30, so the dog eats when we eat, so just before we dish up it is back into the Utility weigh her food out, put that down then she will eat her food as we eat ours, normally on our laps in the Living Room.</p> <p>R: Ok.</p>	<ul style="list-style-type: none"> Large curved TV in Living Room. Sky +HD box and Now TV box installed.
17	<p>P: And once that is done, whoever did not cook would do the washing up and whoever did stay in the Living Room, the TV is on at this point.</p> <p>R: So how about cooking, how does that work as a process?</p> <p>P: Cooking is usually quite organised.</p> <p>R: Do you know what you are doing, do you have a meal plan?</p> <p>P: We know what meals there are for the week, but we do not know what meals we are having on each day.</p> <p>R: OK, so are these decisions influenced by shopping choices?</p> <p>P: My wife does the shopping and she normally buys meals rather than just stuff, so she will get some spaghetti some sauce and some mince and say that that is 1 and something else and say that is 2. She might also get some treats or if there is something new, she might get that as well.</p> <p>R: OK, so dinner time is really structured?</p>	<ul style="list-style-type: none"> Participant shows that they would put some items in the dishwasher but tend to wash up the majority of pots by hand. Pots noted on drying rack next to sink.

	P: Quite structured, yeah. Once the washing up is done, we would normally go back to the Living Room.	
18	<p>R: How long would you then spend in here?</p> <p>P: We would spend most of the night in here watching TV, so it is probably 20:00 now and bedtime is usually 23:00.</p>	
19	<p>R: So what happens then, is it back into the Utility?</p> <p>P: Yeah, I would let the dog out, perhaps go out with the dog and have a vape, make sure she does her business and then she will go into her pen by herself, to which my wife has gone up to bed at this point to take her make-up off.</p> <p>R: Do you lock up?</p> <p>P: I lock up and make sure the dog is fine, then turn the lights off and then I come upstairs.</p>	<ul style="list-style-type: none"> Participant has electric blinds installed in Orangery.
20	<p>R: Into the Bedroom, is your wife in bed at this point?</p> <p>P: No she is still taking her make-up off.</p> <p>R: So what time do you get into bed?</p> <p>P: I get into bed at about 23:00 to 23:15, I have the lamp on as my wife has the big light on and again, I'm on Facebook just checking any last bits and bobs and then basically waiting for my wife to turn the lights off and then 00.10 minutes later I'm out like a log.</p>	