

Drawing Number	Participant Number	
09 & 10	08	
Performed referenced action	Heard (Researcher / Participant dialogue)	Seen (Researcher observations)
01	<p>R: OK, so we are in the Bedroom now, and what sort of time would you wake up on a workday?</p> <p>P: 06:45 to 07:00, 07:00 being the latest.</p> <p>R: Do you have an alarm set for that?</p> <p>P: I do, yes.</p> <p>R: Is that set by your phone or an alarm clock, and do you have multiple alarms set?</p> <p>P: No, just the one.</p> <p>R: And you tend to get up?</p> <p>P: I may snooze it once.</p> <p>R: So, when you get out of bed, do you turn the light on, or is your wife still sleeping?</p> <p>P: I leave my partner sleeping, and I go straight to the Bathroom.</p> <p>R: Which side of the bed do you sleep?</p> <p>P: Far side.</p> <p>R: OK, so with no lights on, can it be difficult to navigate?</p> <p>P: Yes.</p> <p>R: Do you use your mobile to light a path?</p> <p>P: Yeah, a little bit if it is dark.</p>	<ul style="list-style-type: none"> • No visible alarm clock on the side of the Bedroom. • Narrow walkway around the bed from the participant's side.
02	<p>R: So, you go to the Bathroom?</p> <p>P: Yeah, I have a wash, clean my teeth and get ready.</p> <p>R: OK, so you get ready in the Bathroom?</p> <p>P: So, at about 07:20, I go into my son's room and wake him up.</p> <p>R: OK, so are you dressed at this point?</p> <p>P: Yeah, my clothes are laid out the night before.</p> <p>R: And what sort of clothes would you wear for work?</p> <p>P: Smart casual clothes.</p> <p>R: So, is not a uniform, but you have an expectation...?</p> <p>P: Yeah, I tend to wear a jumper, shirt and jeans.</p> <p>R: OK, so do you plan this the night before, so you have more time in the morning or because like to get your outfit out?</p>	

	<p>P: No, because of time and because I do not want to be rooting around in the wardrobe when people are still asleep.</p> <p>R: So that is about the noise?</p> <p>P: Yeah.</p> <p>R: And where would they be laid out?</p> <p>P: My trousers would be in the corner, and my shirt would be hooked on the wardrobe.</p> <p>R: And you then take all of your clothes into the Bathroom with you?</p> <p>P: Yes, usually.</p> <p>R: And how long would you spend in the Bathroom, would you say?</p> <p>P: 0.20 minutes or 0.30 minutes if I am having a shower.</p> <p>R: And you get ready in the Bathroom so as not to disturb anybody?</p> <p>P: Yes.</p> <p>R: OK, so say it is 07:30 when you leave the bathroom; where do you go now?</p> <p>P: Into my son's room; his clothes will all be out the night before school. So, I would then wake him up and get him dressed, that usually takes about 10 to 15 minutes. Then, once he has used the bathroom, we go downstairs, where I make him his breakfast, and we watch TV.</p> <p>R: Together?</p> <p>P: Yeah, as I don't have much time with him during the evening now he's at school, and he has a set bedtime.</p>	
03	<p>R: So, you have cleaned your teeth and had a wash, and both yourself and your son are dressed?</p> <p>P: Yeah.</p> <p>R: So, what time is it now?</p> <p>P: It is around 07:40, my son would sit on the sofa, and I would go and turn the TV on.</p> <p>R: Is that just to keep him occupied?</p> <p>P: Yes, so Netflix will go on and then I will go into the Kitchen make him breakfast and get myself ready for work.</p> <p>R: OK, so do you have breakfast as well?</p> <p>P: No, I eat at work.</p> <p>R: OK, so why would you eat at work than at home?</p> <p>P: Time.</p> <p>R: Time, OK, so eat here. Is that something you would like to do?</p> <p>P: Yeah, I would. It would be cheaper and easier to eat at home, but I do not get the time.</p> <p>R: OK, so do you make a packed lunch?</p> <p>P: Yes, we make the lunches the night before.</p> <p>R: So, is that based on meal leftovers or something from scratch?</p>	

	<p>P: A bit of both, I try to cook things in a bit of bulk. So like chicken and vegetables and then all I need to do is take a bag of rice to heat up in the microwave.</p> <p>R: OK, so that ready for the morning.</p> <p>P: Yeah, I would get it out along with my travel mug and put it on the side in the morning (Kitchen side).</p> <p>R: So what do you have when you are making your son's breakfast?</p> <p>P: My son is like clockwork; he will have peanut butter on toast and juice.</p> <p>R: Every day?</p> <p>P: Every day.</p> <p>R: Do you have a drink or anything?</p> <p>P: I have a cup of tea or coffee in a travel mug.</p> <p>R: OK, so that goes in a travel mug, so is that about not have the time again to enjoy a coffee at home?</p> <p>P: Yeah.</p> <p>R: So you feed your son, or can he do that for himself?</p> <p>P: I leave him to it, and by the time my wife has come downstairs, he has finished it.</p> <p>R: OK, so do you have your coat and shoes ready in the morning?</p> <p>P: Not coat and shoes those are in the cupboard. When my wife comes downstairs, I usually then get my shoes on.</p> <p>R: How do you pick your coat and shoes?</p> <p>P: Depends on the weather; at the moment it is all of the winter gear.</p> <p>R: And how do you check what shoes or coat to wear?</p> <p>P: I just look outside and make a judgement then.</p> <p>R: What time do you leave for work?</p> <p>P: Latest is 08:00</p> <p>R: Ok, so what is the consequence in leaving later than 08:00?</p> <p>P: I will struggle to get to work at 09:00, and that is the latest I could be if I want to get home at a decent time.</p> <p>R: And is that down to traffic?</p> <p>P: Yeah, so the traffic on the M1... If I am late for work, then all of a sudden, everything becomes a rush as soon as I get in [to the office].</p> <p>R: So, is the traffic one of your main frustrations when you are going to work, or do you try and relax before you get to work?</p> <p>P: Yeah, a bit of both. If the traffic is moving then it is about sitting and relaxing for 40 minutes, and I would listen to the radio or audiobook. But if the traffic is not moving then it can become stressful.</p> <p>R: So, if it is relaxing or stressful, does that then impact upon your day at work?</p>	
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	<p>P: Yeah, if I am late for work then all of a sudden, everything becomes a rush as soon as I get in.</p> <p>R: OK, so the latest you leave here is 08:00?</p> <p>P: Yes.</p>	
04	<p>R: OK, so thinking of when you come back from work, what time would that be?</p> <p>P: Anywhere from 17:15 to 18:30, anytime around there.</p> <p>R: OK, so what is the big variance between those two times?</p> <p>P: It depends on what time I get into the office, so if I arrive later, then I have to stay later.</p> <p>R: So, you do not have a cut-off point to you leaving work?</p> <p>P: No, there is no set time; I just have to get the work done.</p> <p>R: So, you have to be quite flexible at work?</p> <p>P: Yeah.</p> <p>R: So, when you get in, you have your coat, do you have a bag to take to work?</p> <p>P: Yes, I do.</p> <p>R: Is your bag pre-packed or does it tend to have the same items in it?</p> <p>P: It mostly has the same stuff in it so like my work laptop, charger, and lunch box, which I pack in the morning from off the side.</p> <p>R: So, you leave these items on the worktop as a visual cue?</p> <p>P: Yes.</p> <p>R: Do you use the side door as your front door?</p> <p>P: Yes, we do.</p> <p>R: OK, so that is on your pathway as you leave.</p> <p>P: Yeah.</p> <p>R: So where would your laptop bag be?</p> <p>P: In the Hallway, by my shoes and my coat.</p> <p>R: Again, so it is a visual cue?</p> <p>P: Yep.</p> <p>R: OK, so going back to when you get through the door at say 18:00, you have your bag on, coat and shoes, walk me through what you do.</p> <p>P: My wife will unlock the door for me as she leaves her key in the door.</p> <p>R: So, the key in the door, is that about security?</p> <p>P: Yes.</p> <p>R: So, you value that as you have a young family?</p> <p>P: Yeah, but my wife is more paranoid about it than me as she is in the house with the kids on her. Own.</p> <p>R: OK, so show me the process once you have come through the door.</p> <p>P: I will hang my keys up.</p>	

	<p>R: So you have a special area to hang keys up?</p> <p>P: Yep. I will then unpack any food tubs I have in my bag on the side and then dump my coat and bag in there (Entrance Hall), then I will come back into the Kitchen and put the kettle on, then I usually go upstairs and get changed</p> <p>R: So, at this point, it is about 18:15 to 18:30?</p> <p>P: Yeah, I'd say so.</p> <p>R: When you get changed, do you lay tomorrow's clothes out then?</p> <p>P: Yes, I would put my clothes that I can wear again, so like my jeans on the side and my shirt in the wash basket and hook any clean clothes on the corner of this wardrobe.</p>	
05	<p>R: Ok, so why do you plan this [work outfit] the night before?</p> <p>P: No, because of time and because I do not want to be rooting around in the wardrobe when my children are still asleep.</p> <p>R: Is this about the noise?</p> <p>P: Yeah, I don't want my kids to wake up any earlier than they need to, then come back downstairs to start cooking or I'll help my wife with the cooking if she has already started, as I know by then that the boys have done their homework.</p> <p>R: Is the cooking is the main activity at this point and do you have a pre-set menu or is its pretty ad-hoc?</p> <p>P: Yeah, it is pretty all over the place.</p> <p>R: OK and is that stressful, or do you enjoy the challenge?</p> <p>P: No, it is stressful. We need to start planning meals more than we do.</p> <p>R: So, what is this about, is it about creativity and that you have several items and you're not sure what to do with them to please the whole family or is it about not buying certain meals to have?</p> <p>P: It is more the latter, so when we go shopping, we get loads of stuff in, but as the week goes on, we tend to get through different things. Also, there is the kids as well as they do not always want to eat the things that I want to eat as they can be quite fussy, so we are often cooking two meals.</p> <p>R: So would you eat separately?</p> <p>P: The kids generally have a snack as they come home from school, so me and my wife have out meal at about 19:00 by which the kids are going to bed, with every other night being a bath night, then after that we all have some supper, so some fruit and then we take them up to the Bathroom and put them to bed.</p>	
06	<p>R: So they are in bed for about 19:45?</p> <p>P: Maybe a bit later, say 20:00.</p> <p>R: OK so what is your role then after they are in bed?</p> <p>P: Well, when it is bedtime, my wife takes our oldest son to bed, and I stay downstairs with our youngest and try to settle him and they can take up to an hour.</p>	

	<p>R: So can this be quite stressful after a day of work?</p> <p>P: Yeah, so when you are still up at 21:00 and your tired.</p> <p>R: So at what point do you have your own time to relax during the weekday?</p> <p>P: About 21:30.</p> <p>R: Is this something that you have to do before going to bed?</p> <p>P: Yeah.</p> <p>R: So you are staying up later to get some relaxation time?</p> <p>P: Yeah.</p> <p>R: So what do you do in this time?</p> <p>P: Probably just sit and watch TV.</p>	
07	<p>R: OK, so after watching TV what time do you go to bed?</p> <p>P: We try and go up at about 23:00 but last night it was 00:30.</p> <p>R: And both you and your wife go to bed at this time?</p> <p>P: Yes.</p> <p>R: How is the one to check everything and lock everywhere up?</p> <p>P: We kind of do it together, but my wife is more OCD about it.</p> <p>R: So she would be doing a double-check?</p> <p>P: Yeah, so she will check them all again and shut all of the downstairs doors, so the cat does not come upstairs.</p>	
08	<p>R: So you go upstairs after this?</p> <p>P: Yeah, go to the Bathroom and the just check on the boys to make sure they are OK.</p> <p>R: And then bed?</p> <p>P: Yeah, then we get into bed, I make sure my alarm is set and then we say goodnight to each other.</p>	