What is claimed is:

1. A method for preparing hydrogenated bisphenol A, comprising:

(a) heating a reactor in which bisphenol A, a solvent, and a ruthenium supported catalyst are added;

(b) supplying hydrogen into the reactor to react; and

(c) blocking the supply of hydrogen to react,

wherein the reaction temperature in each of steps (b) and (c) is 140 to 160℃.,

the reaction time in step (c) is 60 to 90 minutes, and

a ratio of trans/trans isomer of hydrogenated bisphenol A in a product of step (c) is 51.58% or more.

2. The method of claim 1, wherein in step (b), the hydrogen is supplied at a pressure of 30 to 60 bar.

3. The method of claim 1, wherein step (b) comprises:

(b1) supplying hydrogen at a pressure of 30 to 45 bar into the reactor with an internal temperature of 90 to 120℃.; and

(b2) supplying hydrogen at a pressure of 45 to 60 bar into the reactor with an internal temperature of 120 to 160℃.

4. The method of claim 1, wherein the reaction time in step (b) is 30 to 180 minutes.

5. The method of claim 1, wherein the reaction pressure in each of steps (b) and (c) is 30 to 60 bar.

6. The method of claim 1, wherein the ratio of hydrogenated bisphenol A in the product of step (c) is 96% or more.