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) reacting while supplying hydrogen into the reactor;

(c) reacting after blocking the supply of hydrogen;

characterized in that

the reaction temperature in each of steps (b) and (c) is 130 to 160℃,

the reaction time in step (b) is 30 to 180 minutes,

the reaction time in step (c) is 40 to 90 minutes, and

the ratio of trans/trans isomer of hydrogenated bisphenol A in the product of step (c) is 45% 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 or 2, 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 then

(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 one of claims 1 to 3, wherein the reaction pressure in each of steps (b) and (c) is 30 to 60 bar.

5. The method of one of claims 1 to 4, wherein the ratio of hydrogenated bisphenol A in the product of step (c) is 96% or more.