Daily routine check-in record

Objective: Enhance participants' perception of the compression of daytime time, actively plan free time, rebuild a sense of rhythm sovereignty, and thereby weaken the impulse to compensate at night.

Method: Check in three times a day and record your subjective feelings about time

## **Target audience: People with a strong sense of tight schedules and a habit of procrastination (targeting young workers)**

## ****Morning (9:00 AM)****

1.What is your main task or responsibility today?

Flight preparation work
2.Do you feel in control of the pace of this task? Yes/No

yes

3.One word that describes how you feel this morning:

feel completely confused

## ****Afternoon (2:00 PM)****

1. Did you have at least 15 minutes of personal or unstructured time today?Yes/No

yes

1. If yes, what did you do in that time?

Play games and watch videos

1. How did you feel afterward?

It feels like time will pass very quickly

**Evening (10:30 PM)**

1. Was there a moment today when you truly felt free or at ease?

yes

1. When did it happen? What were you doing?

If the work is completed smoothly, I will feel psychologically comfortable

3.Do you feel an urge to delay sleep tonight? Why or why not?

Yes, because I simply can't sleep and don't want to fall asleep

1. Rate your overall time control today (1 = no control, 10 = full control):

7

**Participation Record：**

The conversation with this participant revealed that he has become addicted to staying up late and shows a tendency to retaliate. Because of the nature of his job, which requires no rest during the day and high concentration, he only has spare time to relax and rest at night.

