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?

Event planning and writing proposals  
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:

Don't want to face the world

## ****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?

Take a walk and chat with colleagues

1. How did you feel afterward?

My spirit will recover a bit and I won't feel so tired

**Evening (10:30 PM)**

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

before sleep

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

Read books or watch movies

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

I would choose to delay falling asleep because I have no time to do my own things during the day

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

6

**Participation Record：**

I discussed with this participant the impact of Revenge Bedtime Procrastination on her work and life. She believes that staying up late has a negative impact on her work because it affects the efficiency of her work the next day. But staying up late can relieve mental anxiety and provide time for relaxation.



