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?

Photo editing, video editing
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:

anxiety

## ****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?

eat something，playing mobile phone

1. How did you feel afterward?

I will feel satisfied. After taking a rest, my work efficiency will be higher

**Evening (10:30 PM)**

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

When lying in bed

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

Play computer games before going to bed

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

Staying up late has become a daily routine

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

7

**Participation Record：**

Through the interview, it was learned that this participant has made staying up late a daily routine. If she doesn't stay up late, she will have difficulty falling asleep. Especially when she is busy with her daily work, night is the only time for her to rest.



