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?

Conduct experiments
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:

tired

## ****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 nap and play mobile phone

1. How did you feel afterward?

Feel more energetic

**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?

when chatting with friends

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

If I'm not busy the next day, I'll delay going to bed

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

7.5

**Participation Record：**

Through the interview with this participant, I learned that for young workers, the lack and deprivation of personal time is very serious. Therefore, I conceived the intervention concept of self-planning progress, aiming to explore whether the daytime rhythm can reduce the reliance on nighttime freedom and whether other alternative methods can be used to compensate for the psychological deprivation during the day.



