Revenge Bedtime Procrastination——Intervention Experiment（Borrowed Time Experiment）

Introduction：

Experimental objective**：**

If the "compensation for staying up late" time is shifted from late at night to the daytime, will the same length of "controllable time" still bring satisfaction?It shifts intentional "me time" from late night hours to a designated daytime window, testing whether time control and emotional satisfaction can still be achieved without staying up late.

The goal is not to eliminate late-night behavior entirely, but to increase awareness of personal behavioral patterns around sleep and autonomy.

如果将“熬夜补偿”时间从深夜转移至白天，同样长度的“可控时间”是否仍然带来满足？它将有意识的“自我时间”从深夜转移到指定的白天窗口，测试在不熬夜的情况下是否仍然可以实现时间控制和情感满足。实验目标不是完全消除深夜行为，而是提高人们对睡眠和自主行为模式的认识。

Daily Schedule：

Step1——Track your sleep and sense of control over your time记录你的睡眠和时间控制感

Step2——Fill out a brief reflection diary (morning and evening)填写一个简短的反思日记（早上和晚上）

Step3——Each day, you will: Maintain a fixed sleep from 24:00 to 03:00. Use daytime slot (e.g., 14:00–16:00 or 16:00–18:00) to engage in any activity of your choice(Watching short videos/TV series/daydreaming and so on ,do the things you usually do when you stay up late) 每天，你将：从24:00到03:00保持固定睡眠。利用白天时段（如14:00-16:00或16:00-18:00）从事任何你选择的活动（看短视频/电视剧/发呆等等，做你通常在熬夜时做的事情）

Step4——Interviews after participating in the experiment参与实验后采访

1.Sleep & Rhythm Tracker

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Bedtime | Waketime | Sleep Quality (1–10) | Control Over Time (1–10) |
| 7.11 | 01:00 | 07:30 | 5 | 5 |
| 7.12 | 00:30 | 08:40 | 8 | 8 |
| 7.13 | 23:50 | 09:15 | 9 | 10 |
| 7.14 | 02:00 | 09:00 | 7 | 5 |
| 7.15 | 00:17 | 08:00 | 7 | 8 |

2.Daily Reflection Diary：

Bedtime Record：

-Which part of today feels the most "yours"?今天的哪一部分感觉最“属于你”？

-Do you think you can control your time today?你觉得今天能控制自己的时间吗？

- What time do you go to bed? What were you doing at that time? Feeling: Satisfaction/Anxiety/freedom /?你几点入睡？你当时在做什么？感觉：满足 / 焦虑 / 自由 / ？

Morning Record：

- What time do you get up?你几点起床

-How did you feel when you woke up?醒来时感觉如何

-Are you deliberately delaying your bedtime? Why?你是故意拖延睡觉时间的吗？为什么?

11/7 :

-night time before bed

-I think I might not control my time fully since I have a busy schedule today

-I went to bed at around 1am and I felt freedom

-I woke up at 7:30

-I felt a bit tired

-I was delaying it because I was very busy and didn’t have a lot of free time for myself during the day so I stayed up at night to make up for it

12/7 :

-the morning time before I had to go out

-I think I can

-I went to bed at 00:30 and I felt relaxed

-I woke up at 8:48

-I felt more energized

-I delayed it because I didn’t have a lot of free time during the day

13/7 :

-in the afternoon

-I think I can

-I went to bed at 23:45 after finishing a tv series and I felt satisfaction

-I woke up at 9:15

-I felt relaxed and awake

-I didn’t delay it because I was satisfied with what I achieved during the day

14/7 :

-night time before bed

-I think I can

-I went to bed at 2:10 and I was feeling anxious for the next day

-I woke up at 9am

-I felt tired

-I was delaying it because I was trying to use that time to plan out the day ahead

15/7 :

-the afternoon

-I think I can

-I went to bed at 00:17 and I was feeling satisfaction

-I woke up at 8am

-I felt a bit tired

-I didn’t delay it because I was satisfied with what I achieved during the day

3.Post-Experiment Survey：

-Have you gained a sense of satisfaction after this "controllable period of time"?这段“可控时间”后，你是否有获得满足感？

sometimes I gain a sense of satisfaction but sometimes I feel sense of guilt from self-sabotaging my sleep schedule.

-Do you have the urge to keep delaying going to bed at night?你有想继续拖延晚上睡觉的冲动吗？

I do have to urge to keep delaying my bedtime.

-Do you think this way of "stealing time during the day" is more free or less boring than staying up late at night?你觉得这种“白天偷时间”的方式比深夜更自由还是更无趣？

I think it’s more free because this way I’ll get more time for myself and be able to do the things I enjoy, which I may not have time for during the day.

**Participation Record：**

On July 11th, I introduced the intention of the intervention experiment to the participants via WeChat and invited her to take part in it. Due to personal reasons of the participants, the interview was not conducted. The participants completed the form filling by herself and answered the final interview questions.



