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 | 12：30 | 9：30 | 6 | 8 |
| 7.12 | 01：00 | 10：00 | 6 | 7 |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

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”？

11：00-17：00

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

yes

- 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 / ？

There is some anxiety. On days when I go to bed early, it may be a bit difficult to fall asleep. A day of going to bed early will lead to high expectations for the next day, and it will be accompanied by stress.

Morning Record：

- What time do you get up?你几点起床

9：30

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

Getting up early makes me feel that there is a lot of time in a day. Although I feel sleepy, I am happy and will look forward to the new day.

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

The first situation: I simply want to make up for the time and things I didn't control during the day

The second situation: If I go to bed early, I will have expectations and pressure, which will instead affect my sleep and lead to a delay in going to bed.

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？

Yes, the day will be more fulfilling, and a strong sense of satisfaction will arise before going to sleep at night.

-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？

Most of the time, I don't want to delay falling asleep, but occasionally I still do.

-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？

It depends on what I do during the day. If I go out to play with my friends and do some entertainment, it will be more interesting. If it's work or study, it's definitely more interesting in the evening.

**Participation Record：**

I conducted a 50-minute interview with this participant. We first communicated about her intervention experiment, and the participants answered the interview questions.According to her description, after the experiment, she believed that the sleep transfer behavior had a positive impact on her and could to some extent alleviate her habit of Revenge Bedtime Procrastination . In addition, during our communication, she mentioned the influence of social media on her behavior of Revenge Bedtime Procrastination. She believes that sometimes staying up late is passive and caused by the external environment. For instance, most people follow the "prime time" when Posting on social media, which is from 8 to 10 p.m. Many TV dramas and short videos are also updated during this period. So if she wants to interact with friends or watch TV series to relax, she can only do it at night, which unconsciously leads her to stay up late.

After the interview, I began to pay attention to how social media affected the behavior of Revenge Bedtime Procrastination, which also drove my subsequent intervention plan.

