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 | 07:40 | 5 | 5 |
| 7.12 | 12:30 | 07:40 | 6 | 5 |
| 7.13 | 01:00 | 07:30 | 5 | 6 |
|  |  |  |  |  |
|  |  |  |  |  |

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”？

The time before going to bed belongs to oneself the most.

-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 / ？

Skin care, playing the piano. I will meditate and empty myself.

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

I feel very anxious and depressed.

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

This situation occurs because the daytime time is deprived.

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？

I won't be satisfied. I think the atmosphere at night is very important. Only when I finish all the things in the day and lie in bed to spend my own time can I feel a sense of satisfaction.

-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？

yes

-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？

If I have other plans during the day, I will feel bored. If I have no plans during the day, I will feel free.

**Participation Record：**

I had a one-hour interview with this participant (but we weren't constantly talking about Revenge Bedtime Procrastination). This interviewee has a serious habit of Revenge Bedtime Procrastination and has developed a dependent habit. Through the interview, it can be seen that she doesn't think sleep diversion behavior can help her relieve her Revenge Bedtime Procrastination. She believes that the time at night is irreplaceable and it's hard for her to get a sense of satisfaction outside of night. But she realized that staying up late frequently was not a good behavior, so we have been discussing how to find an alternative behavior that could make her feel satisfied (we haven't found it yet).



