Lights off, and off to bed
Using light-based implementation intentions to combat bedtime procrastination

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Introduction
Bedtime procrastination is a prevalent cause of sleep deprivation.

Possible intervention: implementation intentions (e.g., “if it is 11 pm, then I will go to bed”).

HOWEVER: procrastinators often lose track of time.

Solution: supplementing implementation intentions with a light-based cue.

Method
42 Bedtime procrastinators.

2 Conditions: control vs. intervention (ii + light).

2 Lamps that changed color & brightness at the intended bedtime.

Participants filled out daily sleep diaries for 2 weeks & completed post-intervention questionnaires (e.g., SF-36).

Results

<table>
<thead>
<tr>
<th></th>
<th>Mean intervention</th>
<th>Mean control</th>
<th>Cohen’s d</th>
</tr>
</thead>
<tbody>
<tr>
<td>bedtime delay (minutes)</td>
<td>22.87*</td>
<td>40.15*</td>
<td>0.74</td>
</tr>
<tr>
<td>time in bed</td>
<td>NS</td>
<td>NS</td>
<td>NS</td>
</tr>
<tr>
<td>How fit are you? (0-100)</td>
<td>58.93**</td>
<td>41.47**</td>
<td>1.13</td>
</tr>
<tr>
<td>health (SF-36; 0-100)</td>
<td>87.48*</td>
<td>82.09*</td>
<td>0.77</td>
</tr>
</tbody>
</table>

* p < .05    ** p < .001

Conclusion
An intervention that combines implementation intentions with light-cues can help bedtime procrastinators go to bed closer to their intended bedtime.

For more info/the full paper, please e-mail s.nauts@uu.nl or visit selfregulationlab.nl