

# 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 loose 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

	Mean intervention	Mean control	Cohen's d
bedtime delay (minutes)	22.87*	40.16*	0.74
time in bed	NS	NS	NS
How fit are you? (0-100)	58.93**	41.47**	1.13
health (SF-36; 0-100)	87.48*	82.09*	0.77

\* $p < .05$     \*\* $p < .001$

### Conclusion

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

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