

**Why do people sleep later than intended:
A pilot study of sleep time procrastination among college students**

Miao-Ju Kuan¹, Yan-Jing Xu², Chih-Huan Wang^{2*}, Yu-Ming Wang¹

¹Department of Psychology, Chung Shan Medical University

² College of Teacher Education, Zhejiang Normal University

Objective: People failed to go to bed (not go to sleep) at the intended time while no external factors prevent them from doing so was recognized as a new area of procrastination --- “bed time procrastination”(BTP), which have found to be related to sleep deficiency and daytime fatigue. The present study proposed a similar concept “sleep time procrastination” (STP) and defined it as people failed to attempt to fall asleep at the intended time. Aims of the present study were to (a) support that STP could offer a better reflection of sleep onset and is more appropriate in predicting certain sleep outcomes than BTP and (b) establish a structural model of STP in order to examine why people would procrastinate at sleep time.

Methods: Participants (N=284) were recruited from college sample and were asked to fulfill a set of questionnaires and sleep log. Hierarchical regression analyses and structural equation model were applied to verify our hypotheses.

Results: Results of study 1 and study 2 showed STP and BTP both could predict certain sleep outcomes, but STP was more closely associated with sleep outcomes, and the explained variances (R^2) of STP on these sleep outcomes were higher than BTP. Study 3 indicated dysfunctional sleep cognition, emotional arousal about sleep on time, and ability to resist temptations would determine the state of awake or try to fall asleep through circadian rhythm.

Conclusion: In addition, it turned out there are active and passive subtypes of STP with different mechanisms and outcomes.