Bedtime procrastination - technique

Introduction to Cognitive Science
Bc. Anton Škorec
Mental contrasting with implementation methods - MCII

Bedtime procrastination
Mental contrasting
Implementation intentions
RESEARCH – STUDENTS IN 2 GROUPS

N = 510

1. GROUP – POSITIVE THINKING INTERVENTION

2. GROUP - MCII
Results

MCII helped participants in two ways:

Increased commitment to reducing bedtime procrastination

Reduced bedtime discrepancy
Limitations

Participants did not sleep more or better

Participants in rather revise their planned bedtimes than getting to bed earlier
References

- https://solvingprocrastination.com/study-bedtime-procrastination-mcii-technique/

- https://www.researchgate.net/publication/263709938_Bedtime_procrastination_A_self-regulation_perspective_on_sleep_insufficiency_in_the_general_population

- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4062817/