

Abstract of thesis entitled:

Exploring the Case of Sleep Insufficiency From a Behavioral Perspective of Bedtime Procrastination in Hong Kong: An Online Survey Study

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### **Abstract**

Sleep insufficiency is found to be a global problem with a wide range of implications for a person's health and performance. The current study aims to explore sleep insufficiency in Hong Kong from a behavioral perspective of bedtime procrastination, which has been found to be a significant cause of sleep insufficiency and is defined as "failing to go to bed at the intended time, while no external circumstances prevent a person from doing so". The objectives of the current study are 1) to explore if bedtime procrastination is a prevalent phenomenon and significantly related to insufficient sleep and other sleep outcomes locally, 2) to examine bedtime procrastination's impact on bedtime discrepancy, 3) to describe the activity engagement and reasons related to bedtime procrastination 4) to examine the correlation between bedtime procrastination and previously studied factors including chronotype and self-control, as well as a group of new variables, sleep belief and attitudes. The data was collected from a sample of Hong Kong adults using an online survey (N = 116), and the relationship between bedtime procrastination and sleep outcomes as well as potential correlates were assessed. It was investigated whether bedtime procrastination was a predictor of sleep outcomes and whether sleep beliefs and attitudes were a predictor of bedtime procrastination.