

Abstract

Bedtime procrastination is a recently researched phenomenon that in adolescence contributes to poor sleep quality and duration. Sleep procrastination has most often been researched in relation to self-regulation, self-efficacy, and general procrastination. More recently, studies have emerged that focus more on health characteristics in relation to this phenomenon. The aim of the current study was to research the relationship between bedtime procrastination in a Czech adolescent population and sleep quality, sleep duration, chronotype, social jet-lag, gender, and place of residence (city/village). Another aim was to discover the contents and reasons leading individuals to sleep procrastination.

The study was conducted using an online questionnaire completed by $N = 396$ respondents aged 15–18 years. Pearson correlations showed a strong positive relationship ($r = .56, p < .001$) between sleep procrastination rate and sleep quality, as well as negative relationship with sleep duration ($r = -.41, p < .001$), strong negative relationship with chronotype ($r = -.56, p < .001$), and a weak positive relationship with social jet-lag ($r = .27, p < .001$). Results indicate that the more adolescents procrastinate, the worse sleep quality, shorter sleep duration, higher levels of social jet-lag and evening chronotype, they reported. A t-test for independent samples indicated a difference between sleep procrastination rates and gender $t(209.1) = 2.11, p < .05, d = 0.24$. Females procrastinated significantly more than males. The difference between sleep procrastination rate and residence was not confirmed $t(289) = -0.32, p = .75, d = -0.03$. Frequency tables indicate gender non-specific social media use (74 %) as the main content of sleep procrastination. The most frequently cited reason for sleep procrastination was a desire for entertainment (63 %). Findings also point to insufficient sleep duration, sleep quality, and increased social jet-lag in the current sample of adolescents.

Key words

Bedtime Procrastination; Sleep Quality; Sleep Duration; Chronotype; Social Jet-lag; Adolescence