

Revenge Bedtime Procrastination Scale (RBPS)

Example Report

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The Revenge Bedtime Procrastination Scale (RBPS) has been adapted from the Bedtime Procrastination Scale ([BPS; Kroese et al., 2014](#)) by Dr. Jason Wessel.

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About this report

Revenge bedtime procrastination is intentionally delaying going to bed to gain a sense of control over their leisure time.

The term originated in China alongside the notorious [996 work schedule](#) and resultant frustration with extended and exhausting work hours that allowed little time for personal enjoyment. The term gained wider recognition [peaking in search traffic in early 2021](#) after being popularised on social media platforms such as Twitter and TikTok.

Although the term "revenge" is a relatively new addition and we know of no scales to measure the phenomenon, research on bedtime procrastination has been around since 2014, when [Kroese and colleagues](#) introduced a 9-item scale Bedtime Procrastination Scale (BPS) to measure the phenomenon.

This scale is an extension of the BPS that seeks to measure Revenge Bedtime Procrastination across the following four dimensions:

- Delay
- Self-regulation failure
- Revenge
- Numbing

The above dimensions are derived from our clinical work with procrastinators. We reason that better understanding the factors influencing your bedtime procrastination can help you direct your efforts to curb your behaviour to where they will be most impactful.

This report is provided here for education and self-insight purposes only.

Your results summary

REVENGE BEDTIME PROCRASTINATION

You scored 55 out of a possible 90 on the RBPS.

This suggests your revenge bedtime procrastination is **above average**.

You procrastinate going to bed slightly more than average. It's not great, but you get by.

You would probably benefit from a few extra strategies to control your bedtime procrastination for the times you really don't want to delay.

FACTOR	AVERAGE SCORE (0-5)	LEVEL
Delay	3.75	Worrisome
Self-regulation failure	2.80	Above average
Revenge	3.00	Above average
Numbing	2.75	Above average

Descriptions and breakdowns of factor scores are provided on the following pages.

Delay

Delay relates to delaying going to bed.

A high score in delay can indicate you do not have habits and routines in place to set yourself up for success.

You can reduce bedtime delay by managing sleep hygiene factors such as setting a regular bedtime, setting your phone to block access to apps after a certain time, dimming lights 30 minutes before your intended bed time, limiting caffeine, nicotine, and alcohol, consumption before bed, and engaging in less stimulating or dopaminergic activities (e.g., TV or social media) in the half-hour before your preferred bed time.

STATEMENT (0 = Never; 5 = Always)	RESPONSE
I go to bed later than I had intended.	4
I do not go to bed on time.	4
I have a regular bedtime which I keep to.*	1
I want to go to bed on time but I just don't.	2
AVERAGE	3.75

* Reverse-scored items

Self-regulation failure

Self-regulation failure relates to failing to follow-through on your intentions, often prioritising short-term gratification despite knowing it might not be in your best long-term interest.

You can improve self-regulation by setting a clear bedtime, but being realistic with yourself and the needs you have that are keeping you up. Be kind when it comes to experimenting with different times or routines that work for you, and focus on making one change at a time.

If you drink alcohol regularly before bed, take note of what happens on the days you don't have it. Alcohol might help you to fall asleep, but it inhibits self-regulation.

STATEMENT (0 = Never; 5 = Always)	RESPONSE
I go to bed early if I have to get up early in the morning.*	2
If it is time to turn off the lights at night I do it immediately.*	5
Often I am still doing other things when it is time to go to bed.	4
I easily get distracted by things when I actually would like to go to bed.	2
I can easily stop with my activities when it is time to go to bed.*	3
AVERAGE	2.80

* Reverse-scored items

Revenge

Revenge relates to staying up late to regain a sense of control and personal time after a busy day, often at the expense of much-needed sleep.

While this act can feel like a form of empowerment, it can lead to sleep deprivation and negatively impact overall well-being.

Consider the fact that you do not feel you have enough time to yourself. Rather than perpetuating this cycle, allocate intentional leisure time each week or month to do something that would truly fulfil you. Recognising the value of self-care is critical. It's essential to honestly assess the consequences of consistently sacrificing sleep for these moments. Striking a balance that prioritises rest and recreation can lead to a more sustainable and fulfilling lifestyle.

STATEMENT (0 = Never; 5 = Always)	RESPONSE
I crave 'me' time at the end of the day.	5
I have enough time for leisure during the week.*	3
When I go to bed early I feel like I'm cutting my day short.	3
If I had more free time, I would go to bed earlier.	3
I feel more relaxed when I stay up late.	1
AVERAGE	3.00

* Reverse-scored items

Numbing

Numbing relates to the activities we use to zone out and give our brains a break. It's an important part of self care, but when taken too far, it can keep us detached from our lives and lead to staying up later and later.

Engaging in calming rituals like a warm bath, reading, journaling, practicing mindfulness, or listening to soothing music can provide the relaxation and fulfillment you seek, all while promoting a healthier sleep schedule.

STATEMENT (0 = Never; 5 = Always)	RESPONSE
I spend too much time on social media in the evenings.	2
I spend too much time watching videos (e.g., TV, Youtube, TikTok) in the evenings.	5
I use substances to help me numb out in the evening.	1
I like to zone out in the evening.	3
AVERAGE	2.75