



Is it Good, Bad, or Just Fuzzy?
A Newspaper Qualitative Content Analysis to
Explore the Public's Perception of
Revenge Bedtime Procrastination and its Potential
for Resource Generation

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Abstract

Our modern society's chronic sleep deprivation and its negative implications for work and nonwork domains call for a preliminary investigation of revenge bedtime procrastination (RBP) – the deliberate delaying of bedtime to free up leisure time. Since recovery research and conservation of resources theory suggest not only negative but also positive effects of RBP in terms of resource generation despite sleep reduction, the present study examines what public perceptions of RBP can tell us about its effects. To this end, 114 statements on RBP from 63 international newspaper articles were segmented and analyzed by means of qualitative content analysis regarding the speaking actors, their attitudes toward RBP, and the RBP aspects and resource experiences mentioned. The results suggest that the public – and particularly the expert actors – perceive RBP mainly in a negative way. Very few statements by actors characterized as working people convey a positive attitude and indicate the resource building potential of RBP occurring under certain conditions. Aspects of RBP that dominate public perceptions include a variety of different causes (lack of time, lack of control, stress, COVID-19 pandemic, technology), consequences (sleep reduction, bedtime procrastination, recovery experiences), and handlings (time management, cognitive measures, establishing breaks during day, RBP in homeopathic doses). These different topics and attitudes may be helpful in generating hypotheses for future research. Further, the discussion of when delaying bedtime might be healthy or unhealthy and how to appropriately encourage or restrict this behavior offers implications for practice.

Keywords: revenge bedtime procrastination, bedtime delay, recovery, discursive public perception, qualitative content analysis

Is it Good, Bad, or Just Fuzzy?

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In our modern 24-hour society, the blurring of boundaries between work and various life domains accompanying technological progress also means that occupational and personal demands often conflict not only with one another, but also with obtaining sufficient sleep (Barnes et al., 2012). Indeed, various literature increasingly points to a downward trend in average sleep duration (e.g., Sheehan et al., 2019) and addresses “the global epidemic of sleep insufficiency” as a modern disease (Exelmans & van den Bulck, 2019, p. 519). Such reports are concerning given the many negative short- and long-term effects of sleep deprivation on physical, mental, and emotional health, as well as on cognitive and behavioral functioning (e.g., Harrison & Horne, 2000; Pilcher & Huffcutt, 1996). That sleep is also critical for employees' well-being, safety, effectiveness, and performance in the workplace (e.g., Barnes, 2012; Barnes & Watson, 2019) makes the study of potential predictors and processes of sleep deprivation also highly relevant to organizational research.

As part of the increasing emphasis on the importance of behavioral (rather than just physiological or environmental) factors in explaining sleep deprivation, a behavior termed *bedtime procrastination* (BP) has received most attention to date. BP refers to going to bed later than intended, without having external reasons for doing so and, like other forms of procrastination, has been conceptualized as self-regulatory failure (Kroese et al., 2014, 2016a, 2016b). With the COVID-19 pandemic, however, the terminologically related *revenge bedtime procrastination* (RBP) has emerged with increasing popularity in various media. In a tweet essential in shaping the concept, RBP is described as deliberately delaying bedtime to free up

leisure time and regain a sense of freedom in the evening (Lee, 2020). This suggests that RBP, despite its name, is conceptually different from BP. In fact, RBP does not feature the key characteristics of procrastination, such as the intention-behavior gap or the irrationality of reasonless delay (Haghbin, 2015; Steel, 2007). Individuals engaging in RBP simply want to sleep later and borrow time for leisure with conscious motives. With this prioritization and intentionality, RBP can be much more accurately described as a *strategic* or *purposeful delay* (Chowdhury & Pychyl, 2018; Haghbin, 2015) and thus requires explanatory frameworks apart from the self-regulation perspective.

While BP, fitting its conceptualization as self-regulatory failure, is clearly associated with negative consequences (e.g., Hill et al., 2022), RBP, when viewed from a recovery perspective (e.g., Sonnentag et al., 2022) and within the framework of conservation of resources (COR) theory (Hobfoll, 1989, 2001), is more likely to have effects that can go both ways (i.e., positive resource gains versus negative resource losses). In light of this inconclusive or non-existent state of research and the fact that RBP can be considered a socially constructed phenomenon (Berger & Luckmann, 1967), this study aims to investigate how the general public perceives and socially constructs RBP. In other words, it explores whether RBP, with the different effects that can be expected of it, is more likely to be “good” or “bad” or “fuzzy” in the public’s perception.

More specifically, this study examines the content of international newspaper articles mentioning RBP, given that most of the currently available data on this topic are media articles and the press has been used as a proxy for public opinion before (e.g., Hung & Chang, 2023). Considering the need for theory and research literature on RBP to emerge in the first place, using these qualitative data and a more inductive design with exploratory qualitative analyses offers the best methodological fit with this study’s goal of creating a preliminary understanding of the

phenomenon (Edmondson & McManus, 2007). As such, this study employs the method of qualitative content analysis (QCA, Kuckartz & Rädiker, 2023) to uncover publicly expressed positive and negative attitudes, resource experiences, and other thematic aspects related to RBP. Thus, the main research question about the public perception of RBP (RQ1) comprises four sub-research questions about the actors determining public perception (RQ1a), their attitudes toward RBP (RQ1b), the thereby expressed aspects (RQ1c) and resource changes (RQ1d).

The contribution of this study lies in the initial exploration of a research topic that might be particularly relevant for the work context. In fact, by qualitatively considering in-depth meanings and at the same time systematizing multifaceted mentioned aspects, it intends to provide theoretical foundations and variables of interest for future studies. In addition, this work contributes to the literature on types of (bedtime) delay, recovery, leisure, and sleep. After all, first, it addresses one of the main themes proposed for future procrastination and health research, which is to investigate not only specific forms of procrastination (i.e., BP), but more importantly, the effects of other forms of delay (i.e., RBP) (Sirois & Pychyl, 2016). Second, it contrasts the positive effects of evening leisure suggested by recovery research (e.g., Sonnentag, 2003) with the extensively documented negative effects of sleep deprivation (e.g., Barnes, 2012), as caused for instance by BP (e.g., Hill et al., 2022). In doing so, third, this study also advances COR research because it views RBP as behavior with both resource gains for leisure and resource losses for sleep leading to opposing effects, rather than focusing on one type of resource and either a gain or a loss effect (Sayre et al., 2021). Fourth, to explain such competing effects, in addition to COR, this research builds on findings of the crucial role of attentiveness in evening leisure (i.e., awareness about the behavior, as expected of intentional RBP) (Liu et al., 2021). Fifth, this study responds to a call of previous qualitative research, according to which it is

precisely the characteristics and aspects of strategic bedtime delay that need further investigation (Nauts et al., 2019).

Literature Review

RBP, BP and Their Differentiation

Albeit the term *revenge bedtime procrastination* (RBP) was absent from our collective vocabulary until June 2020 (see very first search volume peak on Google Trends, n.d.), it has since become a highly used buzzword in various media. Starting point for this was a twitter post by journalist Daphne K. Lee, in which she introduced a phenomenon popularized in China under the term 報復性熬夜 for English-language reception. According to this post, RBP denotes a behavior in which “people who don’t have much control over their daytime life refuse to sleep early in order to regain some sense of freedom during late night hours” (Lee, 2020). In addition to the great resonance this has evoked on social media, the term has also been taken up in the press and popular science, while an explicit treatment in the scientific literature is still pending. This is surprising considering that the widely discussed pivotal role of sleep for humans in general and employees in particular (e.g., Barnes, 2012; Barnes & Watson, 2019; Harrison & Horne, 2000; Pilcher & Huffcutt, 1996) makes the investigation of any form of bedtime delay and possibly accompanying sleep deprivation highly relevant. Yet, all that a systematic search of the scientific literature (Appendix A) yields are a few mentions, poor in theory and reference, in which RBP is inconsistently defined or simply equated with the more researched and terminologically related construct *bedtime procrastination* (BP) (e.g., Asharaph et al., 2021; Ivaturi & Chua, 2023; Tyagi, 2022). BP is defined as going to bed later than intended, without having external reasons for doing so and has been conceptualized as a self-regulatory failure (Kroese et al., 2014, 2016a, 2016b).

Building on these definitions of the two phenomena and considering a misunderstanding that has arisen previously in delay and procrastination research,¹ I argue that RBP and BP despite their terminological similarity should be treated as two distinct constructs. Essential for this distinction is Pychyl's argument that "all procrastination is delay, but not all delay is procrastination" (2013, p. 1). To distinguish procrastination from other forms of delay it is useful to consult the key elements common to various definitions of procrastination (Haghbin, 2015), such as needlessness and irrationality of delay, intention-action gap, delay despite probable negative consequences, or delay accompanied by subjective emotional discomfort and poor outcomes (e.g., Chowdhury & Pychyl, 2018; Klingsieck, 2013; Steel, 2007). In line with this, most scholars consider procrastination a failure of self-regulation (e.g., Steel, 2007; van Eerde & Klingsieck, 2018) that has been shown to result in various negative consequences (e.g., Feyzi Behnagh & Ferrari, 2022; Pychyl, 2013). All this, in turn, indeed marks the behavior labeled BP as a form of procrastination. After all, a clear intention-behavior gap can be identified, and also the other criteria given to distinguish BP – namely lack of a valid reason and foreseeably being worse off (Kroese et al., 2016b) – are consistent with the defining features of procrastination. Findings on correlations of BP with low self-control, high general procrastination, and various negative consequences (Kroese et al., 2014, 2016a), also empirically confirm BP as a form of procrastination.

RBP, on the other hand, although labeled as a form of procrastination, apparently does not fit the characteristic features of procrastination, since, for example, there is no intention-action gap (i.e., an early bedtime is not intended in the first place). Moreover, regaining a lost

¹ See conceptualization of *active procrastination* and the positive effects expected for it (Choi & Moran, 2009; Chu & Choi, 2005) and see Pychyl's (2009) remarks on active procrastination as an oxymoron, which is better understood and referred to as an alternative form of delay rather than procrastination, especially since self-regulatory failure cannot be active and intended.

sense of freedom does not seem to make the behavior unnecessary or to cause a negative subjective experience. Rather, the aspects of prioritization (i.e., preferring later sleep with leisure over earlier sleep) and intention or motivation (trying to “regain” something during leisure) distinguish RBP as a specific form of *delay* that could be termed *strategic* (Feyzi Behnagh & Ferrari, 2022) and *purposeful* (Haghbin, 2015). Thus, even though both BP and RBP are specific forms of delay in the context of going to bed, only BP corresponds to the problematic delay of procrastination, whereas what has been described as RBP is better understood as an alternative form of delay.

That RBP is described as deliberate strategic delay rather than a breakdown in volitional action entails, first, that a framework explaining the behavior beyond the self-regulatory failure perspective must be found. Second, conceptually separating the two behaviors and explaining them with different frameworks raises the question of the outcomes of RBP. After all, it is only a characteristic of procrastination that it is “usually harmful, sometimes harmless, but never helpful” (Steel, 2007, p. 80), whereas intentionally (or “actively”) delaying a task can also be beneficial (Haghbin, 2015; see also positive consequences of “active procrastination” in: Choi & Moran, 2009; Chu & Choi, 2005). Thus, in contrast to BP and its exclusively negative effects for instance on sleep quantity and quality (e.g., Hill et al., 2022), RBP in its intentionality could lead to positive outcomes – depending on the explanatory framework.

RBP and its Potential for Resource Generation

I argue that for explaining RBP, the perspective of recovery research should be considered, especially since some of the concepts central here coincide with key words in RBP’s original description (e.g., “regain,” “control,”; Lee, 2020). After all, recovery is defined as “the process of replenishing depleted resources or rebalancing suboptimal systems” (Sonnentag &

Zijlstra, 2006, p. 331) and, regarding the resources that can be rebuilt in this process, explicit reference is made to feelings of control (e.g., Hobfoll, 1989; Sonnentag et al., 2022).

Recovery research usually draws from the effort-recovery (ER) model (Meijman & Mulder, 1998), which suggests that working individuals deplete their resources on a daily basis as they expend effort to perform effectively. If these depleted resources are not replenished in the recovery process, this can lead to work stress and associated negative effects on health and well-being (Geurts & Sonnentag, 2006). Recovery after exertion, in turn, has positive effects, for example, on well-being and performance the next day (e.g., Sonnentag, 2003), and can occur in different forms: Although sleep is a key source of resource recovery (e.g., Barber & Jenkins, 2014), recovery can also occur via evening leisure (e.g., Sonnentag et al., 2022), and the recovery experiences associated with evening leisure (e.g., psychological detachment from work, relaxation) can in turn positively influence sleep itself (e.g., Hülshager et al., 2015).² Accordingly, borrowing time from sleep for recovery- and possibly sleep-enhancing leisure could still be understood in terms of replenishing resources – especially if, as in RBP, it happens intentionally. After all, “the essence of leisure [...] is perceived freedom and intrinsic motivation” (Zijlstra & Cropley, 2006, p. 220). In line with this, recovery research provides evidence that the extent of the positive effects of evening leisure depends on individuals’ intentions and motivations and on their attentive engagement in (digital) leisure activities (Liu et al., 2021; ten Brummelhuis & Trougakos, 2014). Thus, given that there is a clear motivation to delay sleep in RBP rather than “slipping” into unintended leisure, it might be reasonable to expect positive effects for RBP, for example, because the feelings of guilt so often associated with procrastination (e.g., Pychyl et al., 2000) and likewise with a weakening of the recovery

² See also studies on the adverse effects of stress and/or the positive effects of evening recovery on sleep quality (e.g., Burgard & Ailshire, 2009; Chawla et al., 2020; Knudsen et al., 2007; Sonnentag et al., 2022).

effect of leisure (Sonnetag, 2018) are absent here. In fact, it has been shown that it is the negative evaluation of leisure activities as procrastination and the resulting feelings of guilt that negatively affect one's recovery experience (Reinecke et al., 2014), whereas intentionally delaying bedtime can enhance the recovery experience of psychological detachment and thus lead to positive outcomes despite sleep reduction (Eng & Yam, 2022). The latter is also consistent with findings that mindfulness-related digital leisure has indirect positive effects on sleep quantity and quality via psychological detachment, whereas digital leisure with low mindfulness is related to BP and its negative effects on sleep and beyond (Liu et al., 2021).

Another theoretical framework central to recovery research is conservation of resources (COR) theory (Hobfoll, 1989, 2001), according to which individuals seek to obtain, retain, and foster valuable resources. Categorized as objects (e.g., house, digital devices), conditions (e.g., job stability, good health), personal characteristics (e.g., mastery, optimism), and energies (e.g., time, money, knowledge) these resources are valuable in their own right or because they contribute to the attainment or protection of further resources. Thus, for example, a person who goes to the gym may expend the energy resources of money and time to maintain a condition resource, their health, or personal resources, such as mastery or optimism. Although investing in resources thus enables individuals to protect existing resource reservoirs or to acquire additional resources, the threat of loss of resources, the actual loss of resources or the lack of an expected gain in resources after resource investment, according to COR, cause stress and accompanying negative consequences. Accordingly, there can be both positive and negative changes in resources (i.e., gains or losses) that have different effects: While resource losses are psychologically stressful, resource gains buffer the effects of resource losses (Hobfoll & Schumm, 2009) and can have positive adaptive consequences (Hobfoll, 1989). However,

resource losses have greater impact than resource gains, even with equal amounts of loss and gain. Moreover, the COR principle, according to which resources must be invested to gain or prevent their loss, implies that those with abundant resources have more opportunities for resource gain than the resource poor who are more vulnerable to “loss spirals”.

If one now applies this COR-framework and considers RBP from the recovery perspective, it could be interpreted both in the positive sense of a resource generating and in the negative sense of a resource depleting and thus stress inducing behavior. After all, in RBP, one resource (sleep time) is invested to obtain another resource (leisure time), which, as an energy resource, may in turn enable or facilitate obtaining other valued resources (e.g., mastery). However, it is unclear to what extent the resource gain expected from this investment actually occurs and whether it may be mitigated by a resource loss (e.g., health). While behaviors accompanied by discomfort, guilt, and poor self-control, such as BP, are expected to have a preponderance of negative effects according to COR, RBP is more likely to have effects that can go both ways. On the one hand, RBP could have positive effects in terms of resource gain, since individuals engaging in RBP are less characterized by resource loss regarding self-regulation and thus should also be more capable of building up resources according to COR. The time investment in nightly leisure could replenish COR resources as “intimacy with at least one friend” (Hobfoll, 2001, p. 342). Moreover, the experience of psychological detachment that may be induced in this process could lead to positive outcomes despite sleep reduction (Eng & Yam, 2022). After all, sleep is a central but at the same time not the only component in the recovery process and its quality is furthermore dependent on previous recovery experiences (Sonnentag et al., 2022). On the other hand, time is a finite resource, such that time spent on restorative evening leisure necessarily means less time spent on the likewise restorative domain of sleep (Barnes et

al., 2012). Since sleep, however, is generally considered something highly enjoyable (Gershuny, 2013), and since, according to COR, anything that contributes to the loss of something an individual values or enjoys qualifies as a promoter of resource loss with all its negative consequences (Hobfoll, 1989), one might as well expect negative effects of RBP.

Since these theoretical considerations suggest different possible effects and perceptions of RBP, but since there is no state of research (and thus, also no measure of RBP) on which to build, I aim to approach the phenomenon through its social construction and public perception. How this can be done with the few sources available on RBP and how public perceptions can also provide preliminary indications of the effects of RBP to be expected in future studies, will be explained in the following section.

Public Opinion and the Press as its Proxy

As public perception or rather public opinion has always been an important subject of various scientific efforts, there are many different conceptualizations and ways of measuring it (e.g., Gamson, 2004; Price, 1992). Roughly summarized, the different approaches can be contrasted as the paradigms of *discursive* public opinion and *demoscopic* public opinion (i.e., public opinion as discourse vs. as measured by surveys; Schweiger & Weihermüller, 2008). The rather sociological paradigm of discursive public opinion conceives of public opinion as the process and product of a comprehensive discourse conducted at a high argumentative level. It is thus about the exchange of arguments and convictions usually carried out between well-informed actors (i.e., opinion carriers) in public arenas and about the construction of meanings through discussion (Gerhards & Schäfer, 2006; Schweiger & Weihermüller, 2008). Operationalizing discursive public opinion as the most prominent actor opinion in the public sphere and content-analyzing published opinion statements offers a possibility to empirically reconstruct at least part

of the public discourse (Schweiger & Weihermüller, 2008). After all, from the perspective of the discursive paradigm, published opinion is an essential component of public opinion – regardless of whether it is generated by journalists or other actor groups.

The rather psychological paradigm of demoscopic public opinion, on the other hand, determines the overall opinion of a population by surveying all citizens (or a representative sample) and equates public opinion with the most frequently mentioned individual opinion (Schweiger & Weihermüller, 2008). Thus, depending on the paradigm, there is not only a different understanding of the carriers of public opinion (speaking actors dominating public discourse vs. total population of private individuals), but also of the role of mass media: The discursive paradigm assigns them the function of a public arena in which all actors can publicly present their arguments, allowing the media to be seen as a mirror of public opinion. According to the demoscopic paradigm, on the other hand, the media can rather be understood as a central factor of influence on individuals and their private opinions (Schweiger & Weihermüller, 2008).

Against this background, it is not surprising that there are various reports of a long and still open debate about whether the press leads or follows public opinion (e.g., Neuendorf, 2017; Schlag, 2011). In fact, studies supporting or contradicting the respective effect can be found for both causal directions (e.g., Nwakpu et al., 2020; Valkenburg & Peter, 2013). Some recent studies, however, are less concerned with the direction of the relationship between news media (and the opinion published here) and public opinion (in the demoscopic sense), but merely with the fact that such a relationship exists (e.g., Neresini & Lorenzet, 2016; Oehl et al., 2016; Piazza & Perretti, 2015). Likewise, this non-causal co-evolutionary approach, according to which media and demoscopic public opinion have a mutually reinforcing effect on each other, provides the appropriate background for this study (Neresini & Lorenzet, 2016). After all, this approach does

not negate the fact that the general public does indeed rely on the media as an important source of, (health) information (e.g., Lyons, 2000) and that indirect media effects on individual opinions are thus quite possible, nor does this approach deny the media their function as a social communication channel reflecting the social construction of reality (and phenomena belonging to it, such as RBP) (e.g., Berger & Luckmann, 1967). Indeed, proponents of the co-evolutionary approach were able to show that media tone and demoscopic public opinion are bidirectionally related in a balanced way (Neresini & Lorenzet, 2016), that public opinion on the Internet measured by content analysis (CA) and public opinion collected by survey point in the same direction (Schweiger & Weihermüller, 2008), and that media CA can be a useful measure of most aspects of public perception when it is not possible to capture them via more traditional measurement tools such as opinion polls (Oehl et al, 2016). Accordingly, published opinion (i.e., the set of opinions of the actors speaking in media discourse) and public opinion as measured by surveys, while by no means identical, can be considered similar.

Therefore, for a first exploratory approach to the more latent demoscopic public opinion on a topic, it makes sense to resort to what is more readily available and to use CAs of published opinions as a low-cost, non-reactive alternative to conventional surveys (Neresini & Lorenzet, 2016; Oehl et al., 2016). In addition to the better availability of published opinion, several other reasons speak in favor of this approach, such as the fact that it allows for a direct comparison of opinions between different actor groups that can hardly be achieved by the means of survey research (Schweiger & Weihermüller, 2008), that the subject under study is captured as a socially constructed phenomenon, and that the use of qualitative data allows for consideration of in-depth nuances that cannot be captured by surveys (e.g., Dowler et al., 2006). All this ultimately underpins my intention to build on the use of the press as a proxy for public opinion

on new phenomena (e.g., Hung & Chang, 2023) and to capture discursive public perceptions of RBP through a media CA.

Just as in measuring public opinion with surveys a population of individuals are the opinion holders of interest, for whom demographic variables or their affectedness regarding a construct are recorded, the opinion holders of discursive public opinion are the actors publicly discussing a topic, whom I likewise intend to capture in terms of their “demographics” and RBP affectedness conveyed in the text. Accordingly, by an *actor* I mean any potential opinion holder or any kind of source that is cited or paraphrased in an article on the occasion of (directly or indirectly) expressing an opinion on RBP (e.g., Gerhards & Schäfer, 2006; Meyer & Höllerer, 2010), and not a person in the role of an addressee, who receives media attention but no opportunity to express his or her opinion (see differentiation of actor voices in Raupp, 2019).

Research Questions

To make initial predictions about what RBP-effects future demoscopic surveys might indicate, the main research question of this exploratory study is how the discursive public perceives RBP (RQ1). As inferred above, it is possible to approach this discursive public perception via published statements by various actors, whereby, in addition to the attitudes and themes conveyed, the characteristics of the opinion holders themselves are of interest.

Accordingly, RQ1 can be composed of the following sub-research questions (RQ1a-d):

RQ1a. Which actors shape the discursive public opinion on RBP?

RQ1b. How does the public perceive RBP in terms of its valence, that is, what is the general attitude of the discursive public toward RBP and by which actors is it mediated?

RQ1c. What are the main aspects of public perception on RBP? By emphasizing which aspects of RBP do the published statements express the actor’s attitude toward the topic?

RQ1d. How does public perception reflect the resource generation potential of RBP, that is, does it emphasize resource losses or resource gains due to RBP?

Method

Research Approach

Given that this study approaches public opinion on the unexplored phenomenon of RBP via its discursive-social construction, the use of a media content analysis (CA) as the appropriate method was already set. After all, it is the case that mass media as the main public arena of discussion of social phenomena (Favaro et al., 2017; Schweiger & Weihermüller, 2008) provide the suitable data basis for this study, that mass communication is the archetypal domain of CA (Krippendorff, 2019), and that media CA in particular is considered a social research method “that can be useful in gauging public perceptions” (Dowler et al., 2006, p. 49).

Within the broad methodological spectrum running under the term CA (e.g., Braun & Clarke, 2021), I have settled on the manual conduction of a qualitative content analysis (QCA), and here specifically on a combination of structuring and evaluative QCA as described by Kuckartz and Rädiker (2023). Within the wide variety of different attempts to define and provide guidance on QCA (e.g., Hsieh & Shannon, 2005; Mayring, 2015; Schreier, 2012), according to the most current definition offered by the chosen authors, QCA can be understood as the systematic and methodologically controlled scientific analysis of texts and other communicative content in which not only manifest but also latent content is analyzed primarily qualitatively (Kuckartz & Rädiker, 2023). Central to QCA are categories by means of which all material relevant to the RQs is coded. What might lead to the premature assessment of QCA as “atheoretical” could also be invoked under the keyword of “theoretical flexibility” as one of the greatest advantages of this method: Just like thematic analysis, QCA is to be understood less as a

methodology and more as a method that does not presuppose any particular way of accessing the world and no background theory, and can thus be used in very different contexts (Braun & Clarke, 2021; Kuckartz & Rädiker, 2023). In that regard, the use of QCA is compatible with the sparse theoretical background of this study's research object as well as with its adoption of the discursive paradigm of public opinion and the related idea of the social construction of reality (e.g., Berger & Luckmann, 1967). Another feature of QCA to be emphasized is its adherence to hermeneutic-interpretive core principles (Kuckartz & Rädiker, 2023); that is, text comprehension and interpretation play a far greater role than in classical manifest CA and, in addition to a certain degree of non-value-free interpretation, the researcher also acquiesces to their own reality influencing the interpretation (Krippendorff, 2019; Schreier, 2012). Accordingly, this study was guided by the research paradigm of interpretivism, which focuses on understanding individuals' social reality and the multiple subjective intentions, values, and social rules that infuse it with meaning (Dowler et al., 2006).

As further characteristics of QCA that speak for this method choice, besides context sensitivity and unobtrusiveness (Krippendorff, 2019), the high flexibility and openness for subsequent quantification should be mentioned. QCA can use both inductive and deductive (or conventional and directional) coding approaches or, as in the case of this study, a combination of both (Hsieh & Shannon, 2005; Kuckartz & Rädiker, 2023). Moreover, by remaining open to the integration of statistical analysis without foregrounding it, QCA offers the possibility of what is often considered an ideal combination of the qualitative assessment of in-depth meanings and contextual awareness with quantitative power, systematic rigor, and reliability (e.g., Macnamara, 2005), especially when conducted manually (Lewis et al., 2013).

Data Collection, Selection, and Segmentation

Although multiple data bases can be considered for CAs of published opinion (Favaro et al., 2017; Schweiger & Weihermüller, 2008), there are several reasons for using newspaper articles. After all, this is an easily accessible, nonvolatile media source that is used and read by a wide audience, is not limited in the subtopics it can cover, serves as a good proxy for the general media landscape, and has long been used to uncover public perceptions and define new issues (Bassett et al., 2018; Oehl et al., 2017; Zamoon & Curley, 2008). Accordingly, I too settled on using currently available international newspaper articles on RBP as data base.

While newspaper articles thus served as my data collection unit, the statements of actors directly or indirectly commenting on RBP in this medium served as my data analysis unit, with only the textual content being relevant. To identify these statements, a two-stage sampling procedure was used: First, using pre-determined inclusion criteria (see Table 1), relevant newspaper articles were selected, within which, in a second step, RBP-related actor statements were identified. For the first step, I used the online database Nexis Uni, in which I conducted a search for the keyword “revenge bedtime procrastination” which was not limited to a certain country, newspaper type, text position of the target word, or publication period (i.e., the time filter was set to “to date,” with the search being conducted in September 2022). This way, I obtained 234 articles from worldwide news media that mentioned RBP in the title or text of the article. I read each article and, as part of a manual systematic “cleaning and screening” process documented in a Microsoft Excel spreadsheet (see Appendix B), excluded articles that were not in English (57), were duplicates (72), did not meet the targeted text type of a fully available and edited newspaper article (21), or did not meet the thematic-relevance criterion (21), that is, RBP was not mentioned once in the sense of a strategic delay or only as part of a link to another

article. For most exclusions, there were multiple reasons for exclusion in addition to the main reason considered for this count.

Table 1

Inclusion and Exclusion Criteria

No.	Criteria	Inclusion	Exclusion
1	Language ^a	English texts only	Other languages/not available in English
2	Uniqueness ^b	Unique text occurrence	Duplicates
3	Text type ^c	Complete, edited newspaper articles	Not fully available article fragments, unmediated listing of short messages, radio broadcast transcripts, index pages, visuals
4	Relevance ^d	Articles must contain at least one statement referring to RBP as strategic delay	Articles mentioning RBP not once in the sense of a strategic delay or only as part of a reference to another article

Notes. Since RBP is a term that has only recently become popular, I decided to not limit the dataset to a specific time frame.

^aGiven the frequent use of this language in international articles, including only articles written in English can be considered sufficient (Phillips et al., 2015). ^bWhen applying this inclusion criterion used by most media CAs, I'm concerned with removing duplicate (i.e., identical, but also similar, e.g., because published in different newspapers or different versions) texts. In doing so, if I identify multiple versions of an article by the same author with significant overlap, I include only the article with more (RBP-related) text or the most recent version. ^cHere, I rely on the definition of articles as "separate entities with a headline" (Schmid-Petri et al., 2013, p. 7). That this broad definition includes publications from any rubric, features, letters to the editor, opinion pieces, etc., makes sense in light of my study purposes insofar as I'm dealing with edited material that does not necessarily claim to be objective. Especially text forms which aim to take a stand on a topic and represent the journalists' personal viewpoints (Peh & Melkote, 1991) can be useful for the study objective of capturing published opinion expressions. ^dThis inclusion criterion can be justified by the arguments already given in this study's Literature Review regarding a necessary differentiation between 1) RBP as strategic delay, 2) BP as unintentional, reasonless delay, and 3) delay forced by external circumstances. Further guidance and examples of my proceeding in identifying statements that can be considered relevant can be found in this study's codebook. While in most media analyses the thematic focus of an article on the phenomenon relevant for the respective study is a crucial inclusion criterion (e.g., Almomani et al., 2015; Hatfield et al., 2014), this study's relevance criterion rather emphasizes the general presence of RBP in the article (used in the study-relevant sense). Accordingly, RBP can appear in the final dataset's articles with varying prominence (only/main/side topic, mentioned in passing) but must be present, i.e., mentioned at least once in the sense of a strategic delay. The greater the thematic prominence of RBP in an article (data collection unit), the more or the longer topic-relevant actor statements (data analysis unit) can potentially be segmented from it.

Thus, this first step resulted in a sample of 63 relevant newspaper articles published between August 2020 and September 2022 in different media outlets (print and online). A slight trend can be identified, according to which most of the articles can be attributed to media outlets

based in the USA ($n = 23$, 37%), the UK ($n = 12$, 19%), and India ($n = 9$, 14%), and were published in *The New York Times* ($n = 5$, 8%), which has been used in previous studies as data source on public opinion (e.g., Zamoon & Curley, 2008). A full overview of the dataset coded for such formal article-level variables (e.g., word volume, article topic, thematic prominence of RBP in the respective article) is provided in Appendix C. I imported all included articles into MAXQDA software (VERBI Software, 2022), which is commonly used for qualitative data analysis and was developed by the representative of the QCA approach chosen for this study himself (Kuckartz & Rädiker, 2023). Here, for reasons of transparency, I not only performed the coding, but already the actor statement segmentation.

This second step of the sampling procedure consisted in segmenting out of the 63 articles the RBP-related statements of the different actors involved in public discourse. This is, first, consistent with the chosen discursive paradigm of public opinion and its operationalization by the aggregation of published statements of opinion (Schweiger & Weihermüller, 2008). Second, in so doing, I built on several methodologically similar studies (e.g., Lehmann et al., 2022; Raupp, 2019), in which it has become well-established to extend article coding by coding at the statement level, and thereby do justice to the fact that different actors with different opinions are represented in an article (Gerhards & Schäfer, 2006; Wettstein, 2014). Third, I thereby circumvented the problems associated with too small or too large coding units which are either suffering semantic validity or a tendency into unreliability of the (Q)CA (Krippendorf, 2019). By an RBP-related actor statement, I mean any number of meaning-level connected, RBP-related direct or indirect quotes of one and the same actor within one or more articles, where also the author of an article can be an actor expressing an opinion (for a comprehensive definition of actors and actor statements as well as a description of segmentation and handling of special

cases, see the supplementary codebook, Appendix D). Applying this segmentation procedure, a total of 114 RBP-related statements of different lengths, each traceable to a specific actor and extracted from one or more articles, were identified and imported into MAXQDA as “cases” (i.e., documents) to be used for the QCA described below.

Procedure of QCA

For the combined realization of the structuring and the evaluative variant of QCA, I followed the procedures presented by Kuckartz and Rädiker (2023) and combined them in the following seven phases: 1) hermeneutically-interpretatively conducting initiatory text work (supported by various data exploration techniques such as memos or word clouds); 2) deductively-inductively developing main categories and establishing evaluative categories; 3) coding data with main categories in a first coding run; 4) inductively forming or refining subcategories; 5) coding data with subcategories in a second coding run; 6) analyzing coded data and 7) writing up results, documenting procedures. In each of these analysis phases, I used the support functions of the MAXQDA software. Despite the numbering of the phases, this process is not purely sequential but rather partly circular, with recurrence to the dynamic research questions being central (Kuckartz & Rädiker, 2023). Accordingly, the components of category development, data coding, and data analysis, which are also essential in other QCA approaches, extend across several of the above phases and are described in more detail below.

Category Development and Data Coding

As with most research projects implementing QCA, the data analysis in this study employed a deductive-inductive mixed mode (Kuckartz & Rädiker, 2023; Neuendorf, 2017). Accordingly, I conducted the category system development and coding in a multistage process that combined deductive a priori category formation independent of the empirical data with

inductive category development based on the material. To this end, in a first step, I mainly deductively created a preliminary category system consisting of few main categories (*actor*, *attitude*, *RBP aspects*, *resource changes*) that could be deduced from the research questions, the initiatory text work, the reference theory, or the sparse state of research.³ In contrast to a purely deductive QCA, however, these categories served only as preliminary main categories for a rough classification of the material in the first coding cycle and were specified directly on the material in the further process. Thus, the development of the subcategories was predominantly inductive, with only the material assigned to the respective main category being used.

While the inductive refinement of the actor and attitude categories turned out to be less complex, the category formation and coding regarding the main category of thematic *RBP aspects*, which was only very roughly derived from the research questions, was much more inductive. My concrete inductive proceeding was guided by the six stages outlined in the guideline for inductive category formation by Kuckartz and Rädiker (2023). This takes into account both Mayring's (2015) much-used approach relying on paraphrased summarization as well as the multistage grounded theory procedure that arrives at key categories via open and focused coding (Strauss & Corbin, 1997; Charmaz, 2014). A detailed description of my specific realization of this guideline can be found in Appendix E. The codebook supplementing this report (Appendix D) provides further information on the composition of the final, fully differentiated hierarchical category system that I used in the second coding round. Here, I went through each RBP-related actor statement with respect to assigning possibly four attributes: (a)

³ Kuckartz and Rädiker (2023) recommend that, at best, several of the various possible sources for developing deductive categories should be used. For this reason, in deriving the resource-related categories, I made sure to 'translate' concepts contained in COR into categories, while at the same time building on existing category systems of similar studies with the same framework (e.g., Binder et al., 2020; Braasch et al., 2019; Snell et al., 2014). I also deduced the main categories of *actors* and *RBP aspects*, as well as the evaluative category of *RBP attitudes*, not only from the research questions but partly also referring to previous studies on public perceptions of new and socially constituted phenomena (e.g., Sun et al., 2020; Wang et al., 2021; Zhang et al., 2021).

the type of actor to which the statement is attributed; (b) the attitude of the actor toward RBP conveyed by the statement; (c) the thematic aspects of RBP addressed in the statement; and (d) any resource gains or losses via RBP possibly conveyed in the statement. Drawing on the example of the evaluative category of attitude toward RBP, Table 2 shows how the actor statements were coded and illustrates the distinct subcategories with examples.

Table 2*Actor Statement Coding by Attitude and Application Examples*

Category	Category description	Application examples
Positive	Actor statements that convey a positive attitude of the actor toward RBP, associate RBP with something positive, e.g., statements in which the actor emphasizes the benefits of RBP, expresses how they look forward to it, how they want to engage in it despite its unhealthy status because it is still good for them, etc.	"Last summer, the journalist Daphne K. Lee tweeted about a Chinese expression that translates to "revenge bedtime procrastination." [...] I've started to wonder if it's not so much retaliation against a loss of control as an act of quiet defiance against languishing. It's a search for bliss in a bleak day, connection in a lonely week, or purpose in a perpetual pandemic." (5401) "I really look forward to it, thinking, 'I can't wait until I can jump into bed and watch TV,' she says. 'I probably go to bed at 9.45pm but don't switch off the TV until close to midnight. It's the most peaceful time of the day - no one is interrupting. If I couldn't get this, I would feel more stressed and like I got no time to myself at all.'" (4402)
Negative	Actor statements that convey a negative attitude of the actor toward RBP, associate RBP with something negative, e.g., expressions of disapproval, dissatisfaction, sarcasm, or disappointment toward RBP; an unfavorable description of RBP focused on problems, risks, or negative consequences; when actors advocate for a curtailment of RBP, have practiced RBP themselves but are glad to have gotten away from it, try to discourage others from doing so, etc.	"My sleep cycle is also destroyed,' she says. 'I've been doing something I've since discovered is called 'revenge bedtime procrastination' where the control has been taken from us during the day so we rebel by staying up too late. But I feel this too has had an effect on my anxiety and stress levels. I feel anxious and experience a lot of tension headaches.'" (2801) "The paradox is that you're really only hurting yourself,' says Dr. Sabrina Romanoff, a clinical psychologist at Lenox Hill Hospital in New York City. 'Although you might be motivated by taking back control over their time, you're also taking away the valuable resource of sleep.'" (6001)
Neutral	Actor statements that convey neither a positive nor a negative attitude towards RBP, are neither in favor of nor against it, do not reveal any affective undertone (e.g., also because too brief, lack context to identify evaluative opinion), e.g., statements in which actors present only 'dry facts', data, judgment-free information related to RBP, only report the opinions of others, do not provide a clear focus on its advantages/ or disadvantages when defining it, etc.	"Dr Leow Leong Chai, director of the sleep disorders unit at Singapore General Hospital, said that 'revenge bedtime procrastination' was coined to describe people who are so busy with work and other commitments that they do not have any time for activities that they enjoy. 'In other words, they take 'revenge' on their busy work and social life by knowingly procrastinating their bedtime so that they can do what they enjoy instead of going to sleep,' he added." (501) "Fun fact, did you guys know that there's this thing called revenge bedtime procrastination,' she asks in the video. 'Where people will refuse to sleep because they don't have much control over their daytime life, so they will sleep very late at night, even if they're super tired, because they just don't want that free time to end at night, and they don't want tomorrow to start?' (1802)
Ambivalent	Actor statements that convey both positive and negative attitudes toward RBP, express that the actor is uncertain, ambivalent, or ambiguous in their attitude toward RBP, is not quite sure whether they want to leave the behavior behind or not; This category also includes expert statements about how RBP, when practiced excessively, only has negative effects, but when practiced in moderation it could also be helpful.	"I hate to pathologize what could also be normal behavior where sometimes we just want to stay up late and that's OK,' Wright said. 'Where it really becomes problematic is if it's interfering significantly for you in some way, like you were progressively not getting enough sleep. We know that sleep is a foundation for our emotional well-being.'" (2602) "a man from Guangdong province – wrote that during the workday he 'belonged to someone else,' and that he could only 'find himself' when he got home and could lie down. This revenge bedtime procrastination was sad, he wrote, because his health suffered, but it was also 'great' because he got a bit of freedom.'" (5303)

Notes. Since the category type of all these attitude subcategories is evaluative and since the category development/source is always deductive here, I have not set up extra columns for the differentiation of category type and development in this table. Otherwise, however, i.e., for the more detailed category description recorded in the codebook, I followed the structure for category definition recommended by Kuckartz and Rädiker (2023). When coding the attitude, I assessed all text passages of a single case (i.e., an actor statement) in their entirety and assigned a code with the corresponding valence to the whole case; that is ambivalences in an actor's attitude were captured directly in the assignment of one subcategory (e.g., "ambivalent") per case and not via the assignment of several attitude subcategories (e.g., "positive," "negative") to different text passages within one actor statement. The codebook supplementing this study report provides further guidance on the design of the categories and the coding of "special cases".

After coding all data, I employed several of the analytical formats suggested by Kuckartz and Rädiker (2023) (e.g., cross-tabulation), focusing on cross-case, category-based analyses, descriptive evaluations, and identification of patterns.

Quality Criteria

In the many-voiced discussion about quality criteria in qualitative research (e.g., Hammersley, 2007; Steinke, 2004), I join Kuckartz and Rädiker (2023) in advocating the “view of specificity”, which takes a midway between strict rejection and mere transferability of the quality criteria of quantitative research. Accordingly, I aligned this study’s approach with specific standards reformulated for qualitative research, which focus primarily on the procedural aspect of the research process and less on static criteria (Miles et al., 2020; Kuckartz & Rädiker, 2023). Thus, in contrast to quantitatively oriented CAs, I determined coder agreement procedurally rather than by calculating inter/intracoder reliability in terms of percentages or kappa coefficients (e.g., Krippendorff, 2019; Neuendorf, 2017). This means that while only I myself went through all the material twice, the quality of the coding process was still assured by using the proven technique of consensual coding on a subset (Kuckartz & Rädiker, 2023): For this, I and another member of our research group (L. M.) coded a randomly selected subset of the material independently and initially “blindly” (Macnamara, 2005). I then checked the resulting codings for agreement, discussed any differences with the second coder until consensus was reached, and, if necessary, refined the category definitions with reference to the critical passage. In addition, to guarantee internal study quality, I ensured strict adherence to all guidelines listed by Kuckartz and Rädiker (2023) in their checklist for assessing the internal study quality of QCA (e.g., traceability of a transparent and reflective process, enabled by computer-assisted conduct, use of memos, etc.; creation of a category system recorded in a codebook with precise category

definitions, coding examples, etc.). Quality assurance recommendations by other authors can be met by this QCA as well, for example, because it was performed manually (Macnamara, 2005) or because the use of software documenting the coding decisions can increase the data quality in terms of replicability (Oehl et al., 2017). Furthermore, the fact that there is no over-proportional occupancy of the residual or other subcategories in the category system I elaborated can be understood as an indication of its sufficient validity (Schreier, 2012).

Results

General Observations

Before reporting the more specific findings, it is worth noting the more general but recurring observation that the public perception of RBP did not seem to be characterized by such a clear differentiation from BP as the delay and procrastination research reported in the Literature Review section of this paper had suggested. In fact, many articles (e.g., 6, 14, 42)⁴ turned out to use the terms RBP and BP as if arbitrarily interchangeable, refer to studies on BP to explain RBP, or label behaviors conceptually corresponding to BP (i.e., unintentional, reasonless delay) as RBP. Especially articles and actor statements reporting addiction-like media use were among those in which BP and RBP were not clearly differentiated or where the behaviors appeared to overlap (e.g., 5, 12, 38, 47). This has led to problems or necessary tradeoffs in segmentation decisions and coding, especially since I sought to follow the inclusion criterion of only considering cases in which RBP is mentioned in the sense of strategic delay. However, since there was often a fluid transition, one finding regarding public perceptions of RBP was that

⁴ Each article included in the final data set was labeled with a one- to two-digit article ID according to its occurrence in the data export. In addition, each actor statement segmented out of the articles was given an identifying statement ID. The latter is a composite value composed of the respective article ID followed by the actor's sequential number (in order of occurrence in the article). Accordingly, the actor statement of the first actor to comment on RBP in article 2 is assigned the actor statement ID 201. Thus, the articles given as reference in the study report from now on are always directly identifiable by their one- or two-digit ID, while the actor statements are always numbered with at least three digits.

this phenomenon, in its social construction, is not necessarily perceived as a purely intentional, strategic, and purposeful delay.

As another general observation that emerged during analysis it is worth noting the difficulty in coding concrete passages clearly in terms of resource gain or loss. This has been noted in previous COR-related CA studies and attributed to the difficulty in clearly determining what resources are, even when going beyond Hobfoll's (1989) understanding of "valuable things" and defining resources as "anything perceived by the individual to help attain his or her goals" (Binder et al., 2020, p. 6; Halbesleben et al., 2014). However, because I found a correspondence between coded resource change and coded attitude for the few clear cases of resource coding (e.g., statements with an actual explicitly stated resource loss had already been coded as negative), I decided to focus this report only on attitudes toward RBP as these emerged more clearly in the data. Given the exploratory and preliminary nature of this study, I believe it sufficient for the time being to approach the question of perceived resource potential primarily through general attitudes toward RBP. Accordingly, the following report focusses primarily on the answers the analyzed data provide for RQ1a-c.

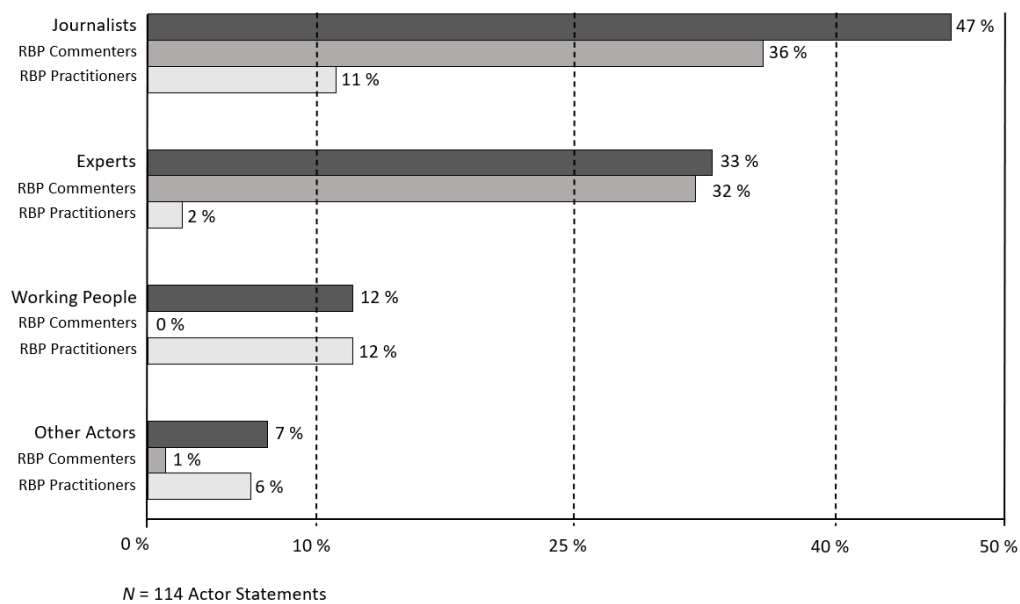
Actors of the Public Perception of RBP

The question of how the public perception of RBP is composed with regard to the actors representing it was addressed by the main category *actor*. With this, I inductively systematized all actor types to which an RBP-related statement could be attributed. As Figure 1 and Table 3 illustrate, most of the 114 RBP-related statements could be traced to *journalistic actors*, that is, the article authors themselves or other journalists quoted ($n = 54, 47\%$). In contrast, the other groups of actors I identified in the coding process were "extramedia actors", that is, actors whose perspective on RBP is reflected in the media but not formed by members of the media (Gerhards

& Schäfer, 2006). A large group here were the *experts* ($n = 38, 33\%$), who commented on RBP as sleep physicians, psychologists, scientists, or other health advisors. The remaining statements of this study's dataset could be attributed to actors characterized by different job titles or by the context as private *working persons* ($n = 14, 12\%$) or mentioned in another function (e.g., social media user, housewife) ($n = 8, 7\%$).

Figure 1

RBP-Related Statements by Actor Groups



Since the penultimate two categories also allowed “ordinary citizens” to have their say, the public discourse on RBP studied here did not seem to be shaped exclusively by the classical elite actors of the mass media (Schweiger & Weihermüller, 2008). Nevertheless, far more than half of the statements still had elite actors (journalists, experts) as originators, who – in view of the actors' affectedness, which was coded as well – primarily addressed RBP from the

perspective of a *commentor* rather than someone who has experienced the behavior by being affected themselves. The working people uttering about RBP, on the other hand, could all be categorized as *RBP practitioners* because they reported their own past or current experience with this behavior. In general, noticeably more statements were attributed to RBP commenters ($n = 79, 69\%$) rather than RBP practitioners ($n = 35, 31\%$). The large overlap in the categorization of actors as “working people” and simultaneously as “RBP affected” seems consistent with the ER-based assumption that it is the individuals depleted by daily work who seek an evening replenishment of resources (Meijman & Mulder, 1998).

Public Attitude Towards RBP

The question of which attitudes toward RBP are expressed by the various actors and what can thus be indirectly inferred regarding the COR-predicted resource generation potential of RBP, was addressed by the evaluative part of the QCA and its main category *attitude*.⁵ Table 3 shows the coding frequencies of the main and subcategories and, in parentheses, the percentage of RBP-related actor statements that could be assigned to the respective category.

Table 3

Frequencies and Percentages of Categories of Actor Types and Their Attitudes Toward RBP

Assigned to Actor Statements

⁵ It should be noted that I addressed the current attitude toward RBP, that is, not what the actor may have once thought about RBP, but what conclusion they drew for themselves in their current situation (e.g., there is a distinction between an actor who once liked RBP but is now glad to have clearly left it behind (current negative attitude) and an actor who is unsure of their judgment, sometimes liking the behavior and sometimes not (current ambivalent attitude)).

	Negative	Neutral	Ambivalent	Positive	Total
Journalists	26 (23%)	16 (14%)	9 (8%)	3 (3%)	54 (47%)
RBP commenters	19 (17%)	16 (14%)	4 (4%)	2 (2%)	41 (36%)
RBP practitioners	7 (6%)	0 (0%)	5 (4%)	1 (1%)	13 (11%)
Experts	17 (15%)	10 (9%)	11 (10%)	0 (0%)	38 (33%)
RBP commenters	17 (15%)	10 (9%)	9 (8%)	0 (0%)	36 (32%)
RBP practitioners	0 (0%)	0 (0%)	2 (2%)	0 (0%)	2 (2%)
Working people	2 (2%)	1 (1%)	3 (3%)	8 (7%)	14 (12%)
RBP commenters	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)
RBP practitioners	2 (2%)	1 (1%)	3 (3%)	8 (7%)	14 (12%)
Other actors	4 (4%)	2 (2%)	0 (0%)	2 (2%)	8 (7%)
RBP commenters	1 (1%)	0 (0%)	0 (0%)	0 (0%)	1 (1%)
RBP practitioners	3 (3%)	2 (2%)	0 (0%)	2 (2%)	7 (6%)
Total	49 (43%)	29 (25%)	23 (20%)	13 (11%)	114 (100%)

Notes. Preceding the parentheses are listed the coding frequencies of each category and in parentheses the percentage of RBP-related actor statements that could be assigned to the respective category.

Despite the COR-predicted resource generation potential of RBP associated with its provision of evening leisure, the actor statements examined here generally tended to speak against such a positive perception and impact. In fact, for only 13 (11%)⁶ of the 114 actor statements a *positive* attitude of the respective actor towards RBP could be deduced, for example, because the actor did not focus on any disadvantages in their statement, but rather emphasized the benefits of RBP for their mental health, or because they expressed how much they looked forward to the behavior and that they wanted to continue practicing it despite its unhealthy classification (e.g., 5101, 4402, 2201). A positive attitude toward RBP could also be expressed by recognizing in the behavior a strategy that has the potential to create a sense of connection

⁶ Note that, strictly speaking, one of these statements does not refer to nighttime RBP, but to the morning variant, that is, the actor likes to shorten bedtime in the other 'direction' and gets up as early as possible to have time for themselves.

and meaning amid the uncertainty of the pandemic, such as by conversing on the phone with others who are also awake late (5304), or by feeling transported via late-night Netflix viewing to a “flow state” unattainable during the day (5401). In these cases, with the pandemic threatening important COR resources such as social connectedness or feelings of mastery and advancement (Egozi Farkash et al., 2022), RBP appears to act as an adaptive coping strategy as described by COR, counteracting the stress associated with the threat to the above resources via the resource investment of sleep time. Yet, in only one of the statements coded as positive the actor explicitly stated that engaging in RBP helped them to fall asleep quickly afterwards (4501), so that one could assume a resource gain brought about by the behavior also regarding the resource of sleep (i.e., more or better sleep with than without the behavior). In contrast, in the other statements classified as positive, the speaking actors acknowledge a reduction in sleep due to RBP but place the focus on the resources they seem to value more, that is, that are prioritized above sleep and gained through RBP, such as time for relaxation, connectedness with friends, and, most importantly, a sense of control and freedom. Furthermore, it should be noted that almost all actors whose statements indicated a positive attitude towards RBP were also RBP practitioners.

However, these few positive statements were contrasted by a much larger majority of statements that, although not always clear in their exact valence,⁷ could still be clearly classified as non-positive towards RBP: The majority of actor statements ($n = 49$, 43%) were coded as *negative*, which on the one hand covered statements that tended to indirectly convey a negative attitude toward RBP, for example, by giving tips on keeping an early bedtime or by including RBP in an enumeration of sleep disorders or pandemic problems. On the other hand, negatively coded statements also included direct devaluations and warnings about the behavior or negative

⁷ Most analysis memos document coding difficulties in the less clear-cut transition between neutral and indirectly negative statements.

experiences of RBP practitioners who urgently wanted to get off it or were glad in retrospect to have gotten off it. The negative attitude of the latter could be traced back to a process that is also consistent with COR: The sleep time investment associated with RBP could not generate the intended gains in the long run, because the RBP practitioners expressing themselves here were already so affected by resource losses (e.g., due to the pandemic) that further investment proved risky and encouraged further losses (e.g., they wanted to regain a sense of control with RBP, but were so exhausted in their self-regulation during the day due to the suppression of this unfulfilled need that they mindlessly “got carried away” with (R)BP and had an even lower sense of control afterwards, which is why the loss of sleep and health could not be compensated by any resource gain; see the negative loss spiral process according to COR e.g., in Hobfoll, 2001). Most of the statements coded as negative, however, were attributable to RBP commenters, who could be either journalists or experts, with experts almost exclusively appearing in the position of commenters; that is, hardly any of the experts expressing themselves in a predominantly negative or neutral manner have once engaged in the behavior themselves.

While many of the statements coded as *neutral* ($n = 29$, 25%) or *ambivalent* ($n = 23$, 20%) could also be attributed to experts or journalists, hardly any of the positive RBP-statements could be attributed to journalists and none to experts. The maximum acknowledgement of experts that pointed in the direction of a possible resource generation potential of RBP, was reflected in an ambivalent attitude toward RBP, which could be titled “all right in moderation.” That is, in some of the statements coded as ambivalent, experts emphasized the need for the non-performance-oriented activities or feelings of control accompanying RBP and acknowledged RBP as a form of self-care, but at the same time warned of the many negative effects of sleep deprivation associated with excessive RBP. Thus, as long as RBP does not accumulate too much

sleep debt and one only occasionally allows oneself a late evening to relax, some of the experts classified as ambivalent considered the behavior to be “unproblematic” or even argued against “premature pathologization” (e.g., 5802, 4403, 2602). The only two experts who commented on RBP from the perspective of RBP practitioners seemed to have at least an ambivalent attitude towards RBP, and, similar to the other actors classified as ambivalent, described the short-term moment of enjoyment and relaxation of RBP, which is usually directly regretted the next day, but nevertheless provoked again.

Aspects of RBP Prevailing in Public Perception

The question of which aspects of RBP are discussed in the actor statements and thus determine public perception of RBP was addressed by the inductively formed thematic main category *RBP aspects*. With the development and coding of this category, it emerged that actor statements going beyond the wording of Lee (2020) or the discussion of the term itself mainly addressed possible or actual *causes*, but also *consequences* and suggestions or experiences in *handling RBP* (see Table 4). Through statements of RBP practitioners, this also yielded insights into the actual practice of RBP, which I addressed with the subcategories *RBP experiences* and *RBP activities* (analogous to the non-work experiences and activities frequently studied in recovery research, e.g., Fritz & Crain, 2016).⁸

Table 4

Frequencies and Percentages of RBP Aspects Mentioned in Actor Statements

⁸ Here, I assigned the subcategory of “RBP experiences” (as outcomes directly associated with the behavior) to the “consequences of RBP,” whereas the subcategory of activities performed during RBP (and thus also motivating the behavior) was assigned to the causes category.

	Journalists	Experts	Working people	Other actors	Total
Causes	53 (46%)	34 (30%)	14 (12%)	7 (6%)	108 (95%)
Lack of time ^a	37 (32%)	22 (19%)	7 (6%)	3 (3%)	69 (61%)
Lack of control	19 (17%)	12 (11%)	3 (3%)	4 (4%)	38 (33%)
Stress (reduction)	16 (14%)	13 (11%)	3 (3%)	1 (1%)	33 (29%)
COVID-19 pandemic	18 (16%)	8 (7%)	0 (0%)	1 (1%)	27 (24%)
Technology	5 (4%)	7 (6%)	1 (1%)	0 (0%)	13 (11%)
Other causes	7 (6%)	4 (4%)	2 (2%)	0 (0%)	13 (11%)
RBP activities^b	30 (26%)	10 (9%)	11 (10%)	4 (4%)	55 (48%)
Consequences	29 (25%)	28 (25%)	8 (7%)	6 (5%)	71 (62%)
Sleep deprivation (short-term effects)	18 (16%)	16 (14%)	3 (3%)	4 (4%)	41 (36%)
Sleep deprivation (long-term effects)	9 (8%)	18 (16%)	2 (2%)	1 (1%)	30 (26%)
RBP experiences	7 (6%)	0 (0%)	6 (5%)	0 (0%)	13 (11%)
Bedtime procrastination	2 (2%)	3 (3%)	1 (1%)	2 (2%)	8 (7%)
Other consequences	4 (4%)	6 (5%)	0 (0%)	0 (0%)	10 (9%)
Handling RBP	24 (21%)	26 (23%)	2 (2%)	0 (0%)	52 (46%)
Sleep hygiene measures	14 (12%)	15 (13%)	0 (0%)	0 (0%)	29 (25%)
Time management	7 (6%)	10 (9%)	1 (1%)	0 (0%)	18 (16%)
Cognitive measures	8 (7%)	10 (9%)	0 (0%)	0 (0%)	18 (16%)
Establishing breaks during day	7 (6%)	6 (5%)	0 (0%)	0 (0%)	13 (11%)
RBP in homeopathic doses	1 (1%)	4 (4%)	0 (0%)	0 (0%)	5 (4%)
Other ways of handling RBP	6 (5%)	7 (6%)	1 (1%)	0 (0%)	14 (12%)
Actor statements total	54 (47%)	38 (33%)	14 (12%)	8 (7%)	114 (100%)

Notes. Preceding the parentheses are listed the frequencies of actor statements in which the aspect covered by the respective category was addressed at least once, and in parentheses the percentage of RBP-related actor statements that could be assigned to the respective category.

^aSince the various actor statements mentioning lack of time as RBP-cause also mention various reasons for this lack of time (and thus indirect secondary causes for RBP), we have refined this category with the subcategories *work conditions* (mentioned in $n = 43$, 38% of all statements as a cause of lack of time and thus of RBP), *parenting* ($n = 15$, 13%), and *other many commitments* ($n = 37$, 32%). For clarity and consistency, these subcategories are not included in this table.

^bThis category includes the various activities for which time is freed up with RBP and which insofar also motivate the behavior. We refined this category with the subcategories *electronic media consumption* (mentioned as RBP activity in $n = 52$, 46% of all statements), *offline routine*, *self-care*, *other leisure* ($n = 9$, 8%), *producing* ($n = 4$, 4%) and *social interaction* ($n = 5$, 4%). For clarity and consistency, these subcategories are not included in this table.

That almost all actor statements of the dataset fell into the category of causes showed that the public perception of RBP is, for the time being, predominantly characterized by the search for explanations, which is consistent with the novelty and unexplored nature of the phenomenon. In contrast, the rather speculative and less experience-based statements of predominantly RBP

commenters about consequences and possible ways of dealing with RBP, occurred slightly less frequently. Moreover, the mention of causes for RBP in almost every actor statement referring to this phenomenon fits the conceptualization of the behavior as a strategic or purposeful delay, which, unlike BP, is precisely not “causeless” (Kroese et al., 2014).

Causes of RBP

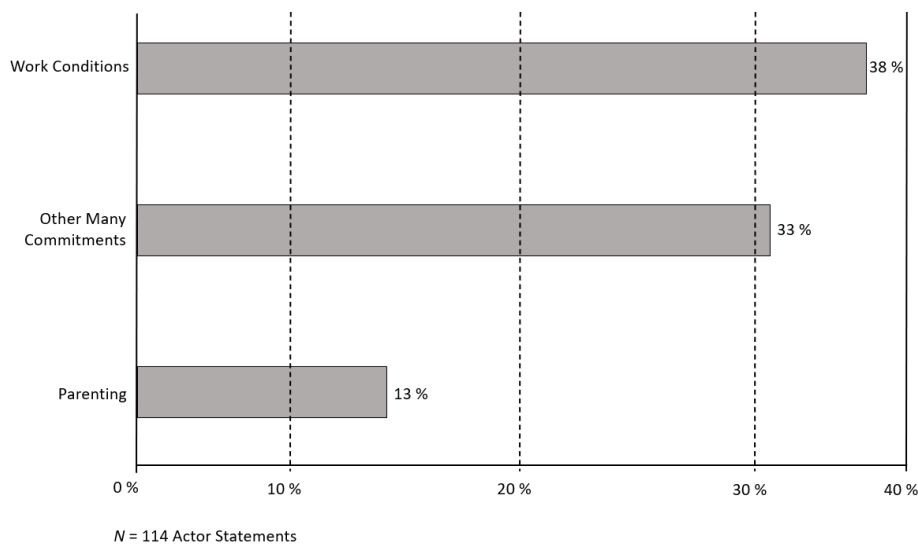
With this category, I captured statements that addressed quite diverse causal explanations for RBP (i.e., that referred to primary or secondary reasons or motivations, activities targeted by the behavior, reinforcing characteristics, etc.). However, because some of them emerged more frequently across all actor groups, it was possible to categorize the causes of RBP as *lack of time*, *lack of control*, *stress (reduction)*, *COVID-19 pandemic*, *technology*, *other causes* and *RBP activities*. As the coding overlaps evident in Table 4 show, these are not mutually exclusive categories. Rather, most of these categories often co-occurred, with some actors considering one cause and some the other as the primary or secondary reinforcing factor. For example, some actors perceived RBP as one of many revenge phenomena that emerged with the COVID-19 pandemic as forms of lockdown protest (e.g., revenge buying, Liu et al., 2023), whereas other actors cited a missing sense of control and self-determination as the main motivator for RBP, which they believed was only exacerbated by the COVID-19 pandemic, but also by other factors such as certain work conditions (e.g., lack of flexibility). Thus, according to many statements, the behavior could be understood as the result of a complex set of causal factors – a complexity already noted with regard to explanations for BP (Nauts et al., 2019). In the following, these causes contributing to RBP to varying degrees are explained individually.

Lack of Time

The largest proportion of RBP cause statements indicated lack of time as a factor causing the behavior. This could involve both actual constraints on available (free) time (e.g., lots of overtime) as well as a perceived lack of time for oneself (e.g., due to blurred boundaries between work and leisure). Further, this category captured both statements that cited specific reasons for not having enough free time as well as statements without “cause linkage,” which simply mentioned lack of time as a cause for RBP without addressing specific secondary causes. The most frequently cited reasons for the lack of time motivating RBP include *work* or certain *work conditions* (e.g., inadequate work-life balance, constant accessibility to work requests), but also *parenting* (some statements even used “momsomnia” as a synonym for RBP), or a combination of these and *other many roles and commitments* to fulfill (see Figure 2).

Figure 2

Percentage of Actor Statements Indicating Respective Cause for Lack of Time as Cause of RBP



That work was most frequently cited as a time-limiting and thus RBP-favoring factor is consistent with the coding overlap noted above between the categories of working people and RBP practitioners. Further, it fits with the well-established concept of time-based conflict between work and other life domains (Edwards & Rothbard, 2000; Fritz & Crain, 2016), as well as the ER-based assumption that it is daily work demands that deplete resources and thus motivate interruption of these efforts (e.g., via RBP). Also, evidence of a negative impact of work and family time on sleep time (Barnes et al., 2012) fits these subcategory codings, with the difference that in the context of RBP, time is not necessarily borrowed from sleep to spend more time with work and family, but primarily with oneself and one's own recovery.

Lack of Control

In addition to the most frequently mentioned lack of time, another large proportion of actor statements mentioned a lack of control (over one's own life, the organization of daily routines, work tasks, etc.) as an RBP (co-)causing factor. According to these statements, RBP practitioners see the behavior as a way to combat their frustration with an actual or perceived lack of control. Similarly, many experts statements classify RBP as a means of satisfying the need for autonomy (Deci & Ryan, 2000), but emphasize the short-term nature of the associated well-being. Statements assigned to this cause category addressed both actual limitations on self-determination (e.g., related to COVID-19 measures) or rather the feeling of having no control (e.g., housewives regarding their daily routines). Common to all statements assigned to this cause category was that they included an emotionality in the rationale for the behavior that went beyond the pragmatics of lack of time as a finite resource (e.g., anger/frustration related to a perceived lack of control, a sense of purposelessness, a desire to break away from the goal-directedness of daily activities and do something non-goal-directed, etc.). Thus, many statements

that fell into this category focused on strong emotions and on the desire for revenge and protest – a rather externally oriented behavioral motivation that appears to be less focused on an internally motivated, rational investment to preserve valuable resources and thus, according to COR, much more likely to result in negative outcomes than, for example, the desire to reduce stress.

Stress and Stress Reduction

In this less frequently applicable category, I grouped actor statements that pointed to the need and desire for stress reduction and distancing from daily tasks as an RBP-causing factor. These included, for one, expert statements that attempted to explain RBP as a stress coping mechanism, according to which postponing sleep is intended to provide opportunities for stress-reducing or recovery-enhancing activities. In addition, consistent with the ER- and the stressor detachment model (Sonnentag & Fritz, 2015), RBP, according to these experts, might create a psychological detachment from work or other daily stressors, and thereby avoid strain reactions that could, in turn, negatively impact sleep (e.g., Sanford et al., 2014). Consistent with these assumptions of RBP commenters, this category also captured self-reports of RBP practitioners who stated that via RBP they want to create distance between duties and sleep, see the “stolen” time as self-reward or self-care, want to distance themselves from daily life and reality via RBP activities, use RBP to counter feelings of purposelessness, seek the “peace and quiet” of the night, and recognize a “living in the moment” in the behavior. Although stress and the desire to reduce stress are thus motivations for RBP that COR-consistently appear to be aimed at resource conservation and its associated positive effects, only a few of the statements assigned to this category were found to simultaneously encode a positive attitude toward RBP. In fact, most of the statements mentioning this RBP cause nevertheless seem to convey a negative actor attitude toward RBP. This could be explained by some expert statements also assigned to this category

according to which RBP is favored by the brain's orientation toward short-term pleasures and momentary dopamine surges, so that stress reduction may be a short-term positive effect but does not necessarily determine longer-term or retrospective consideration of and attitudes toward the behavior. In addition, some experts comment on stress-induced RBP, which also does not necessarily imply positive effects of the behavior: According to this view, the cognitive and emotional activation associated with stress could also be responsible for people experiencing a nervous-charged fatigue and thus being driven to do something other than sleep.

COVID-19 Pandemic

In this category, I have classified statements, mostly from experts and journalists, according to which the COVID-19 pandemic is causing, contributing to, or reinforcing RBP. Such statements include RBP practitioners' perceptions that their feelings of lack of time and their desire to reclaim time "stolen" by work have increased since the pandemic and the associated blurring of boundaries between work and home. Further, this category captured statements that portrayed RBP as a sleep problem associated with the pandemic ("coronasomnia") or that framed RBP as one of the many revenge phenomena people use to "get back at" the lack of power and control felt during the pandemic. Statements from actors who felt isolated due to the pandemic and found in RBP a coping strategy for their nighttime loneliness were also included in this category. As these examples suggest, the COVID-19 pandemic may be considered rather as a factor interacting with other causes and exacerbating RBP, but not as a main cause of RBP.

Technology

A small proportion of statements, predominantly negative and attributable to experts, also pointed to technology (its use, opportunities and dependence on it) as a factor that can cause or,

above all, exacerbate RBP. These included, first, very broad statements consistent with various (especially evolutionary and sustainability psychology) literature in that they cited technology, in the sense of industrialization and associated nighttime lighting, as the cause of a general extension of waking and leisure into the night (e.g., Kumar et al., 2019). Second, some actors also mentioned the commercialization of attention as an explanation for RBP, according to which media companies exploit and deliberately extend the addictive nature of digital media consumption to capture people's attention and prevent them from sleeping. In addition, some of the statements assigned to this category pointed to a relationship that is also well established in the literature, according to which pre-bedtime technology use/addiction generally cause people to be less tired and therefore stay awake much longer than they may have originally intended (e.g., due to suppressed melatonin release or cognitive stimulation from digital media content, e.g., reviewed in Brautsch et al., 2023); that is, technology could cause the strategic delay originally intended by RBP to escalate into unintended, causeless, and later regretted BP (see the transition from deliberate to mindless BP in Nauts et al., 2019). Accordingly, some of the statements assigned to this category captured reports of individuals who had planned to delay bedtime to relax but were unconsciously "caught up" with media consumption, as well as statements from individuals who directly equated RBP with "binging" or even saw RBP as an excuse or justification for unhealthy habits such as excessive media consumption.

Other Possible Causes

In addition to the causes mentioned above, a smaller proportion of actor statements referred to various other RBP possibly (co-)causing factors, placed in this residual category. These included, for example, sleep disturbances, which some expert actors suggested lead to people using RBP as a way to "trick" themselves into becoming tired and relaxed by actively

delaying sleep and ultimately falling asleep faster than if they had gone straight to bed (see also statements by some participants placed in the strategic delay category in Nauts et al., 2019). Further, this category also captured expert mentions of late chronotype (also “evening type”) as a biological factor that may contribute reinforcingly to RBP, which is consistent with findings on BP that categorize the behavior not as a self-regulatory failure (and thus not as a procrastination phenomenon) but as a conflict of a circadian rhythm oriented toward a later bedtime with social demands (Kühnel et al., 2018). A small part of the actor statements, referring in particular to East Asian countries, associated RBP with a negative or non-prioritizing attitude towards sleep, according to which RBP offers the “better alternative”: That is, the reason for RBP can also be seen in a need for constant productivity and striving for higher performance; sleep is perceived as a “waste of time” and time should rather be used “more effectively.” This is also related to a social pressure expressed by some actors to minimize sleep in order to be considered “productive.” Last, this category also captured expert explanations of cognitive biases, according to which RBP practitioners maintain the behavior because they themselves feel unaffected by possible negative effects.

RBP Activities

Since the desire for more time for leisure and recovery seemed a key motivator of RBP, and since a key aspect of leisure and recovery is, in turn, the associated activities (Fritz & Crain, 2016; Henderson, 2008), I used an additional cause category to capture the activities associated with RBP. The highly uneven occupancy of the inductive subcategories (see Figure 3) and a word cloud created for all segments coded as *RBP activities* (see Figure 4) show that a majority of actor statements linked (or even equated) RBP with activities that involve the use of electronic media. This finding is in line with the displacement hypothesis, which postulates that the time

spent using media replaces time that would otherwise be spent sleeping (Exelmans & van den Bulk, 2019). Furthermore, this is consistent with the digital activities mostly associated with BP (Kroese et al., 2016b) as well as with the well-documented trend that digital and cyber leisure has become an increasingly popular evening activity used for recovery (e.g., Sintas et al., 2015). However, considering that the actual recreational and resource recovery potential of such activities seems to be co-determined by the presence of mindfulness (Liu et al., 2021), it should be noted that a word repetition of “mindlessly” emerged in my coding of RBP activities (see Figure 4). Accordingly, some actors seemed to associate RBP with “mindlessly scrolling, shopping, swiping,” which, combined with the finding that only mindfully exercised digital leisure can be a beneficial recovery activity (Liu et al., 2021), would explain why I found several coding overlaps of the categories *electronic media consumption* and *negative* (or *ambivalent*) attitude toward RBP.

Figure 3

Percentage of Actor Statements Indicating Respective Activity as One Performed During RBP

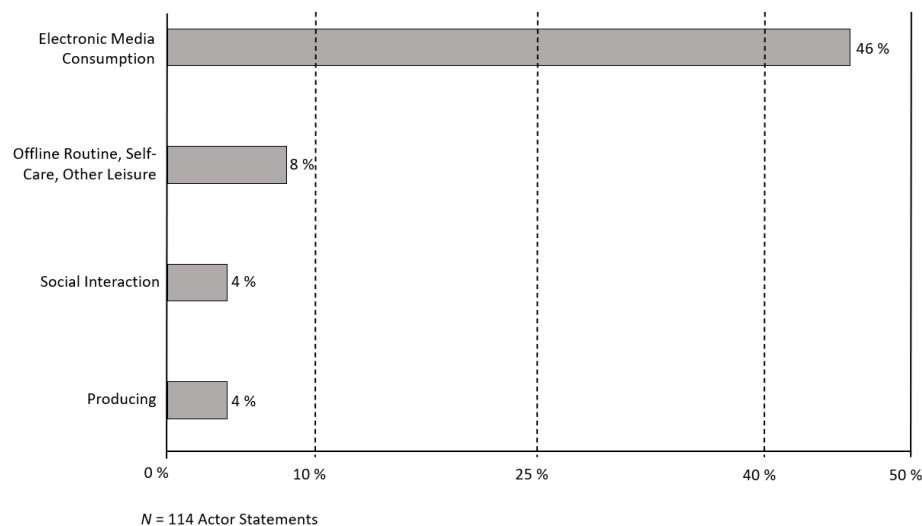


Figure 4

Word Cloud Covering all Segments Coded as RBP Activities



In addition to the most frequently mentioned digital RBP activities, RBP was associated to a much lesser extend with activities that focused on “being productive” (e.g., doing chores, producing music), on social interaction (e.g., making phone calls), or on self-care, relaxation, and evening routines performed offline (e.g., listening to music, looking at nature, skin care).

Consequences of RBP

While almost all actor statements of this study’s dataset addressed at least one of the abovementioned causes of RBP, slightly fewer statements referred to possible or actual *consequences* of the behavior. Here, the most frequently addressed consequence was a reduction in sleep time, which in turn was primarily associated with the commonly known and in the literature well-established negative *short-term effects of sleep deprivation* (e.g., fatigue and lack of productivity), but especially by experts also with the *longer-term negative effects of sleep deprivation* (e.g., poorer physical and mental health) (e.g., Harrison & Horne, 2000; Pilcher &

Huffcutt, 1996). Thus, much of these consequence-mentioning statements framed RBP rather as a resource loss for health than as an adaptive strategy of resource replenishment after effort.

To the category of short-term effects of sleep deprivation, I also assigned some RBP practitioners' statements reporting feelings of guilt and regret that arose the next day regarding RBP. In only a few cases, however, did these feelings seem to lead to behavior change. Instead, many actors reported a "vicious cycle" perpetuating the behavior, in which the fatigue and lack of productivity following RBP encouraged a further extension of work hours and the latter, in turn, a renewed desire for nighttime leisure. Such descriptions seem consistent with the COR principle of loss spirals, according to which individuals with fewer resources in an attempt to preserve them make risky resource investments that are more likely to lead to further losses (Hobfoll, 1989). However, the aspects of guilt or discomfort and unintended maintenance that emerge in describing such effects are key elements in the definition of procrastination (Haghbin, 2015), suggesting that the behavior associated with all this is closer to the concept of BP than to that of strategic delay. This finding fits with another inductively derived consequence category that tended to overlap with the coding of a negative attitude and was labeled *BP*. To the latter, I assigned actor statements indicating that there can be a smooth transition between RBP and BP, according to which something that started as RBP and was intended as deliberate relaxation can escalate into mindless BP, so that one is in bed much later than one intended and feels guilty about it (Nauts et al., 2019). This could also be due to the (mindless) media consumption often mentioned in such statements, especially since it is just the trait of mindfulness that affects the extent to which evening digital leisure leads to BP (Liu et al., 2021).

That these first three subcategories resulted in a majoritarian mention of negative consequences is consistent with the evaluative result of my QCA, according to which most of the

statements conveyed a negative attitude toward RBP. However, it should be emphasized that the negative effects of RBP were often reported only indirectly; that is, few actors explicitly commented that RBP has negative effects on health, but most often a description of RBP was simply followed by an elaboration on how sleep deprivation is bad for health. Sleep deprivation is thus usually taken for granted as a consequence of RBP and not explicitly mentioned. This fits with the fact that working adults (as the “typical” RBP practitioners according to this study’s data) are indeed usually unable to delay their wake-up time in parallel with their bedtime, and that accordingly, the longer they stay awake, the less sleep they get (Liu et al., 2021). However, that RBP could also act as a strategic delay to increase sleep quantity and quality through recovery experience and stress reduction associated with evening leisure (Nauts et al., 2019) was barely addressed in this study’s data. On the one hand, it is indeed the case that with the *RBP experiences* category it was possible to capture immediate RBP effects described by RBP practitioners that could be classified as recovery experiences (e.g. the sense of control associated with framing RBP as revenge phenomenon, experiences of mastery associated with “producing” RBP activities, psychological detachment associated with flow-like immersion in a television show, the experience of affiliation associated with RBP activities of social interaction, etc.; see typology of recovery experiences in Newman et al., 2014; Sonnentag & Fritz, 2007). On the other hand, however, mentions of such experiences – as well as statements conveying a positive attitude toward RBP – are notably less frequent in this study’s data. Moreover, most statements assigned to the category of RBP experiences referred to the associated recovery effects as rather short-lived and, for example, also diminished via feelings of guilt or fatigue (Sonnentag, 2018), which fits with the concurrent coding of these statements as conveying an ambivalent attitude and argues against RBP as a purely adaptive, resource-generating coping strategy.

Handling RBP

A third aspect determining public perceptions of RBP, which was addressed in slightly less than half of the actor statements, is the handling of this behavior. The fact that fewer statements could be assigned to this category than to the other two RBP aspects is consistent with the newness of the phenomenon and the associated uncertainty about how to deal with it. This category included primarily statements by RBP commentators (i.e., mainly experts) suggesting remedies or solutions to manage, prevent, or avoid RBP, and only to a lesser extent reports by RBP practitioners explaining personal actions or intentions to manage RBP. Accordingly, a large proportion of the statements assigned to this category simultaneously fell into the evaluative category of a negative attitude, with not a single statement also conveying a positive attitude of the actor toward RBP.

The statements most frequently addressing the *handling of RBP* were classified as recommendations (and, rarely, application reports) of *sleep hygiene measures*. After all, most of the recommendations mentioned here correspond to the behaviors, environmental conditions, and other sleep-related factors first summarized by Hauri (1977) under the concept of sleep hygiene to help promote restful sleep and manage insomnia. That Hauri's original list has undergone some modification as knowledge around this concept has progressed, and that there are now various lists of sleep hygiene recommendations (e.g., Stepanski & Wyatt, 2003), is reflected in the diversity of the "sleep tips" summarized in this category. Just as there are, however, some recommendations in the various sleep hygiene lists that appear in most definitions (Ellis & Allen, 2019), there is also overlap in the statements assigned to this category, such as recommended exercise, limiting caffeine, avoiding alcohol, regular wake times, or creating a cool, dark, and quiet bedroom environment used only for sleep and sex.

In keeping with the fact that recent sleep hygiene recommendations include removing electronic devices from spatial, as well as temporal, proximity to sleep (e.g., Ellis & Allen, 2019), I assigned to this category also statements that in dealing with RBP recommended strategies for limiting technology use (especially in the evening and in the bedroom), as well as more general work-home boundary strategies (e.g., draping sheet over computer, symbolic walk between home office and home leisure time). Statements about technology restrictions ranged from recommendations of completely omitting electronic devices from the evening ritual to ways of dealing with limited or controlled use (e.g., only in standing, only with alarm clock set, avoiding cliffhangers) that RBP practitioners have tried out for themselves, and for which the word use of “intentional” stood out. In cases where RBP resulted in BP and its negative effects via captivating and thoughtless digital activities, or where RBP was rather caused by lack of control over blurred work-life domains, such strategies might indeed provide the appropriate way of dealing with RBP. Often, however, the suggestions for dealing with RBP that emerged in the actor statements seemed to have little fit with the causes mentioned for RBP. That is, on the one hand, most statements referred to RBP being caused by creating otherwise unavailable time for oneself in the evening and therefore *wanting* to sleep later. How this fits with the fact that many of the same statements, on the other hand, proposed measures to help with *being able* to sleep earlier and advocated a concept of which “allowing enough time to relax before bedtime” (Hauri, 1977, p. 22) is a core aspect should be critically questioned. Instead of suggesting an evening ritual with enough time for oneself to sleep better, in cases where a lack of time for this is the actual cause for sleeping less, recommendations for dealing with RBP should rather focus on time management strategies or job change (depending on the cause for the lack of time). This is also supported by the only statement from an RBP practitioner falling into the sleep hygiene

category, reporting the unsuccessful use of sleep hygiene measures in the context of RBP (6102). Only in the few cases where actual sleep problems were suspected as the cause of RBP's strategic sleep delay (e.g., 4301) a recommendation of sleep hygiene measures seems more reasonable (i.e., the part of an actor statement coded as RBP cause matches the coded recommendation for dealing with RBP).

From the less frequent actor statements that seemed to address the handling of RBP in more agreement with the respectively mentioned causes, the other subcategories time management, cognitive measures, establishing breaks during day, RBP in homeopathic doses, and other ways of handling RBP emerged. Recommendations for *time management* strategies (e.g., prioritizing tasks, eliminating timewasters), for example, were about addressing the actual or perceived lack of (free) time and gaining time for oneself that does not take away from sleep. Similar to such statements were recommendations categorized as *establishing breaks during day* (a coding that could also overlap with a categorization as time management or boundary setting strategy). These statements took into account that recovery can occur not only during leisure time in the evening, but also during the day and, for example, in the form of micro-breaks during work (Sonnetag et al., 2022). Accordingly, the reasoning of these statements was that by taking occasional time for oneself during the workday, one can counteract the feeling of lack of control and relieve more stress, making it less necessary to sacrifice sleep for leisure in the evening.

Among the few statements about handling RBP that could be traced to RBP practitioners, most related to *cognitive measures*. Accordingly, some actors reported that cognitive restructuring in terms of a new appreciation of sleep as recovery- and "me time" in itself helped them overcome RBP. In addition, expert statements also recorded in this category recommended for cognitive handling of RBP not only appreciation of sleep, but at the same time no over-

sensitization towards the topic, which could rather be a hindrance to good sleep. Furthermore, this category captured more general advice from experts to raise awareness of RBP and to be clear about why one's sleep is reduced and what unmet needs or stressors might be behind it. Another cognitive measure recommended was to keep positive memories of the day's positive events to promote a sense of control and self-efficacy and to reduce negative thoughts and feelings (e.g., anger and desire for revenge).

Even though the category *RBP in homeopathic doses* included only a few statements, I nevertheless considered it appropriate to form this separate category. After all, this included the few ambivalent expert statements that were not entirely averse to RBP and which I have titled "all right in moderation" above. Accordingly, these experts considered the right way to deal with RBP was to prioritize sleep quality over quantity, which is why one could "treat oneself" to a late night from time to time and thereby address various causes, such as stress reduction or restoring a sense of control. In line with my above critical questioning of recommending sleep hygiene measures, the experts commenting here considered simply discouraging and overcoming RBP to be too superficial because it would not address its actual causes.

With the residual category of *other measures* I covered, first, actor statements about (not always successful) attempts to gain more free time by changing jobs. In addition, this category captured experts' assessments that solutions to prevent RBP do not lie solely in the individual's ability to act, but that this problem also requires institutional and societal changes (e.g., adherence to fixed working hours, no overtime). The recommendation to seek professional help in dealing with RBP also fell into this category. Other, more short-term oriented ways to deal with RBP mentioned were catching up on sleep on weekends or power napping during the day, which was indicated by RBP practitioners as a personally tested helpful strategy, but according

to experts was not sufficient to compensate for the lack of sleep. Finally, this category also captured two statements from individuals who discovered the morning version of RBP for themselves and were much more satisfied with it than with practicing evening RBP.

Interestingly, the two representatives of this morning variant did not report the digital activities frequently registered above, but rather relaxing “offline” activities, such as reading, listening to birdsong, or yoga.

Remarkably, most statements on dealing with RBP thus called for measures at the level of the individual (e.g., personal behavioral or cognitive changes) and only a very small proportion of actors also advocated necessary measures at the level of the (social or work) environment. Thus, RBP seems to have manifested itself in the public perception as a phenomenon that, although it is more structurally and socially determined (see the most frequently cited, more externally attributed causes), must be overcome in its negative consequences by everyone individually (which gives it some of the characteristics of a disease, as which it is also occasionally famed). Moreover, according to my data, there is little public discussion of how RBP affected persons actually deal or have dealt with this and how they feel when they have completely overcome RBP. An exception to this is the statement of a journalist who looked happily at having put RBP behind her, but engaged in its opposite or morning variant, in which she also seemed to get little sleep, although this was not commented on further. Although the morning variant of RBP was mentioned only twice in my data, it had much more positive connotations and did not seem to include feelings of remorse or fatigue, although the subjects seemed to shorten their bedtime significantly as well. Whether this is related to the fact that the morning variant seemed to be less associated with digital leisure activities and rather with more intentionality is one of the many questions this study raises for future research.

Discussion

The aim of this exploratory qualitative study was to discover how RBP is publicly perceived, that is, to find out which actors publicly express which attitudes toward RBP, emphasizing which aspects and resource changes. The rationale behind this was to draw on public perceptions and attitudes toward RBP to approximate the actual nature of this socially constructed phenomenon and its effects, which, according to COR theory, could have ranged in either direction. For this purpose, I conducted a QCA (Kuckartz & Rädiker, 2023) of actor statements mentioning RBP that were segmented from international newspaper articles.

First, the part of the QCA related to data segmentation showed the different actor groups shaping the public discourse on RBP: The journalists and experts who comment most frequently on RBP mostly do so from the ‘outside’, that is, without being affected by it themselves, whereas ‘ordinary’ working citizens and, less frequently, journalists address it from the perspective of RBP practitioners. That the textual context thus disproportionately often characterizes RBP practitioners in their job role and in terms of their working conditions adds to the impression that the work domain plays a role in the behavior. After all, although the experience of RBP takes place in the non-work domain, experiences in one life domain may eventually spill over into the other domains (Edwards & Rothbard, 2000), especially because the boundaries between work and non-work lives are currently becoming more permeable (Sonnetag et al., 2022). In this respect, certain work-related factors (e.g., autonomy-restricting job demands) might be relevant to the experience of RBP and, in turn, the effects of RBP might also affect the work context. Moreover, this finding fits the ER model, according to which it is the daily work demands and the accompanying resource depletions that motivate recovery-seeking behavior after work

(Meijman & Mulder, 1998). The finding that health professionals apparently hardly practice RBP themselves provides first indirect and rather negative indications regarding the effects of RBP.

Second, the evaluative part of the QCA showed that the various actors representing the public have an overall rather negative attitude toward RBP, which can be interpreted as pointing more in the direction of the negative effects predicted by COR (i.e., the resource gains sought with the investment of sleep time may not be achieved or not be sufficient to compensate for the health resource losses associated with sleep deprivation). Particularly the experts convey a negative or – apart from a few neutral (i.e., mostly not clearly classifiable) statements – at most an ambivalent attitude toward RBP. Some journalists, in the role of RBP commentators, also participate in the critical appraisal of the health consequences of RBP. Only a very small proportion of the statements attributable exclusively to journalistic or other working RBP practitioners convey a positive attitude toward RBP. This suggests that the positive effects also suggested by COR for RBP may nevertheless occur under certain circumstances, i.e., that the investment of sleep time may lead to the generation of other valuable resources (e.g., mastery experience in productive leisure such as song lyric writing) that may compensate for losses (Hobfoll, 1989). Moreover, this fits with previous findings according to which deliberate bedtime delay can enhance the experience of psychological detachment from work and thus lead to positive outcomes without or despite a reduction in sleep (Eng & Yam, 2022; Liu et al., 2021).

Third, the content structuring part of the QCA showed that RBP is predominantly addressed in public with regard to its causes, but also regarding its consequences and the handling of it. The various causes for RBP addressed here suggest it is a rather complex behavior, with various factors interacting in its development and maintenance, such as poor time management, working conditions that promote a poor work-life balance, or an unsatisfied need

for autonomy. The fact that the most frequently cited reasons (e.g., lack of time, lack of control) seem to be based on a mindset that focuses on shortages or losses and their minimization rather than on actually building up resources (e.g., strengthening social relationships) suggests that many RBP-affected are already stuck in a “loss spiral”; in such, an existing lack of resources triggers further investments that do not always lead to the desired effects and that cannot always compensate for the loss, which weighs more heavily than an equal gain (Hobfoll, 1989, 2001). This would explain why RBP, although unlike BP executed intentionally and not without reasons, according to our data, still seems to lead predominantly to negative effects. That there are few cases in which the investment pursued with RBP is not risky and can indeed lead to predominant resource gains (and associated positive attitudes toward RBP) could then be explained by the COR principle that people with many resources are less vulnerable to resource losses and can more easily gain new ones (Hobfoll, 1989).

Even though the many mentioned causes suggest that RBP, unlike BP, is not practiced without reason or intention, the two behaviors do not always seem to be clearly separated in the public perception. This could also be related to the fact that it was precisely in cases where RBP was accompanied by inattentive digital activities that the behavior seemed to transition into BP. A similar transition from deliberate to mindless bedtime delay has been noted previously (Nauts et al., 2019). Moreover, these findings also fit with the previously documented association of digital media use in the evening with BP (Kuo et al., 2022), where only digital leisure associated with mindfulness leads to positive sleep outcomes via psychological detachment, and mindless digital leisure is related to BP and no recovery experience (Liu et al., 2021). That RBP is thus perceived as a behavior that may be similar to BP in its effects, or may even merge into BP, also fits with my finding that the publicly expressed recommendations for dealing with RBP tend to

fit an unintentional, rather than a strategic, delay. Here, I critically questioned the extent to which, for example, recommendations for sleep hygiene (Hauri, 1977) actually contribute to having more time for oneself in the evening without having to engage in RBP.

Recommendations for dealing with RBP that were more attuned to the stated causes were, for example, time management strategies or the integration of recovery-promoting micro-breaks in the workday so that one requires less resource-regenerating leisure time in the evening (e.g., Sonnentag et al., 2022).

Overall, RBP is thus publicly perceived as a behavior that has many causes, but for which the negative effects of a procrastination phenomenon nevertheless tend to predominate. Besides the coded negative consequences and attitudes, also the fact that a major aspect shaping the public perception of RBP is recommendations on how to deal with it shows how much this behavior is classified as bringing predominantly negative effects. The fact that negative attitudes toward RBP often seem to overlap with uncontrolled media consumption fits with the COR rationale, according to which the loss of resources is more severe even if resources are gained at the same time (Hobfoll, 1989; e.g., the recovery experience associated with digital leisure activities does not outweigh the simultaneous loss of control and sleep). Only for the few cases where fewer digital activities are involved, where they are practiced mindfully, where no guilt is felt, or where the RBP-practitioners are not too resource poor, can one indeed assume an effective recovery experience and a resource investment that is not part of a loss spiral.

Limitations and Future Directions

A key contribution of this study is that it opens up an unexplored phenomenon for future research. By comprehensively systematizing the aspects of RBP prevalent in public perception, it provides many causes, consequences, and ways of handling RBP that can serve as variables or

intervention techniques for future studies. Additionally, the findings on the various actors' attitudes provide preliminary insights into possible effects of RBP that are consistent with the various effects expected based on COR. Thus, while this study offers valuable theoretical starting points, it is at the same time not without limitations. After all, it is the downside of a preliminary and broad exploration that it provides an overview of many aspects, that at the same time cannot be analyzed, discussed, and mapped in depth.

Further, a main limitation of this study concerns the possible generalizability or transferability of its findings. While generalized statements are not the primary goal of qualitative research (Kuckartz & Rädiker, 2023), the question of transferability to external contexts should nevertheless be reflected upon with consideration of the following five points: First, this study included only a limited number of English-language newspaper articles, which could be traced to different publication countries and media companies, but were still selected using only Nexis Uni.⁹ Thus, the results may not be generalizable to articles selected using other databases or to other media. Second, although in screening the articles I used predetermined and theoretically or empirically derived inclusion criteria, the relevance criterion was rather subjective and may not have always included or excluded articles on RBP as a strategic delay in a completely selective manner. Third, the analyses focused only on textual data and did not consider other contextual aspects of public perceptions of RBP, such as images. Fourth, this study's results can only be generalized under the assumption that demoscopic and discursive public opinion indeed tend in a similar direction and that discursive public perception is indeed reflected by the actors represented in the articles (e.g., Schweiger & Weihermüller, 2008). After

⁹ While Nexis Uni is widely used, it is not the only source of data from print and online media, which is why it is not clear whether the results would have been different if another media platform had been used (McNeish et al., 2021). Furthermore, the holdings of the academic version of this database (Nexis Uni) are likely more limited and cover fewer newspapers compared to the commercial version (LexisNexis.com) (Neuendorf, 2017).

all, even with prevailing press and opinion freedoms, some influential actors and their statements may more easily find access to the public arena of the mass media. Fifth, in selecting the dataset, I neglected important other mass communication media (e.g., social media, video platforms, radio) that have been explicitly recommended as a data basis for content-analytic measurement of discursive public opinion (e.g., Schweiger & Weihermüller, 2008). Particularly including twitter data would lend itself to future studies on public perceptions of RBP, especially since the term became popular here, less elite actors express themselves here directly and without possible filtering by an article author, data access is easy, and the highly structured communication patterns are suitable for analyses of larger datasets (Sinnenberg et al., 2017). While newspapers may capture more different perspectives than, for instance, twitter or blog posts, they may at the same time be influenced by the respective newspaper agenda or the profit motive of journalists and consequently may not cover all different perspectives (Schweiger & Weihermüller, 2008). Despite subscribing to the assumption of a co-evolutionary relationship between media and public opinion in this study's Literature Review section (Neresini & Lorenzet, 2016), in interpreting the findings I have hardly considered the possibility that the press not only follows public opinion but also tries to lead it. While I considered the statements and perspectives of different actors as reflected only in newspaper articles, future studies could also consider the press as an actor in its own right and reconstruct other perspectives via other data sources (such as expert interviews, focus groups, twitter posts) (as in Wang et al. 2021).

To examine the generalizability of this study's findings, my research group planned to use the proven techniques of triangulation (i.e., topic-modeling perspective on twitter data for RBP), which, however, is outside the scope of this report. Future studies with a similar design should also draw on other proven strategies to test the validity of findings (e.g., peer debriefing,

member checking; see Kuckartz & Rädiker, 2023). Although this paper's Method section noted many advantages of a manually conducted QCA, future investigations of qualitative RBP data should nevertheless also consider the often-recommended use of hybrid (i.e., part human, part machine) coding, especially when the investigation of larger, diverse datasets is intended (e.g., Neuendorf, 2017).

Apart from the discursive public perception of RBP, demoscopic surveys on RBP and its effects should be conducted as well, which requires, among other things, the development of a measurement instrument that covers the RBP properties of strategic delay. Against the background of the differentiation of BP and RBP elaborated in this study's Literature Review section, it should be differentiated in the future whether one speaks of a mostly negative and possibly smoothly merging into BP phenomenon of revenge bedtime procrastination (RBP), or of a deliberate, strategic, and possibly positive revenge bedtime delay (RBD). Building on this study's category on the handling of RBP, there should also be experimental intervention studies in the future, with interventions tailored to the respective relevant causes of RBP/RDP.

Conclusion

This exploratory study preliminarily made accessible for future research a phenomenon that is still completely unexplored, but certainly relevant for occupational psychology, namely RBP. By qualitatively examining public perceptions of RBP, I found initial indications that the disparate effects of RBP expected according to COR do in fact occur. Certainly, RBP is predominantly perceived negatively by the public and, especially when it involves inattentive media consumption or is conflated with BP, is associated with negative impacts. Nevertheless, in a few cases, RBP is also perceived positively and associated with recovery experiences. This suggests that RBP, when practiced deliberately, without regret, less focused on mindless digital

activities, only “in homeopathic doses,” and not by the too resource poor, may indeed contribute to resource replenishment despite sleep reduction. Much future research on RBP is needed, which, building on this study’s preliminary findings, should expand our understanding of when RBP is actually “good,” when it is “bad,” and how it can become less “fuzzy.”

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Appendix A

Overview of Systematic Literature Search on RBP and Conceptually Related Terms vs. BP

No.	Search terms	Database	Hits	Search date	Comments
0	"bedtime procrastination"	PsycInfo	32	25.11.2022	
1	"revenge bedtime procrastination"	PsycInfo	0	25.11.2022	No results for RBP
2	"deliberate bedtime procrastination" OR "deliberate sleep procrastination" OR "deliberate bedtime delay" OR "deliberate sleep delay" OR "deliberate bedtime retardation" OR "deliberate sleep retardation" OR "intentional bedtime procrastination" OR "intentional sleep procrastination" OR "intentional bedtime delay" OR "intentional sleep delay" OR "intentional bedtime retardation" OR "intentional sleep retardation" OR "planned bedtime procrastination" OR "planned sleep procrastination" OR "planned bedtime delay" OR "planned sleep delay" OR "planned bedtime retardation" OR "planned sleep retardation" OR "strategic bedtime procrastination" OR "strategic sleep procrastination" OR "strategic bedtime delay" OR "strategic sleep delay" OR "strategic bedtime retardation" OR "strategic sleep retardation" OR "voluntary bedtime procrastination" OR "voluntary sleep procrastination" OR "voluntary bedtime delay" OR "voluntary sleep delay" OR "voluntary bedtime retardation" OR "voluntary sleep retardation"	PsycInfo	0	25.11.2022	
3	"deliberate sleep restriction" OR "intentional sleep restriction" OR "planned sleep restriction" OR "strategic sleep restriction" OR "voluntary sleep restriction" OR "deliberate sleep cutting" OR "intentional sleep cutting" OR "planned sleep cutting" OR "strategic sleep cutting" OR "voluntary sleep cutting" OR "deliberate sleep shortening" OR "intentional sleep shortening" OR "planned sleep shortening" OR "strategic sleep shortening" OR "voluntary sleep shortening"	PsycInfo	8	25.11.2022	
4	"retaliatory staying up late" OR "revenge staying up late"	PsycInfo	0	25.11.2022	
5	"borrow from sleep" OR "steal from sleep"	PsycInfo	0	25.11.2022	
0	"bedtime procrastination"	Google Scholar	759	25.11.2022	
1	"revenge bedtime procrastination"	Google Scholar	16	25.11.2022	RBP only mentioned in passing
2	"deliberate intentional planned strategic voluntary bedtime sleep procrastination delay retardation"	Google Scholar	9	25.11.2022	
3	"deliberate intentional planned strategic voluntary sleep restriction cutting shortening"	Google Scholar	277	25.11.2022	
4	"retaliatory revenge staying up late"	Google Scholar	2	25.11.2022	
5	"borrow steal from sleep"	Google Scholar	34	25.11.2022	
0	"bedtime procrastination"	Web of Science	68	25.11.2022	
1	"revenge bedtime procrastination"	Web of Science	0	25.11.2022	No results for RBP
2	"deliberate OR intended OR intentional OR planned OR strategic OR voluntary bedtime OR sleep procrastination OR delay OR retardation"	Web of Science	0	25.11.2022	
3	"deliberate sleep restriction" OR "intentional sleep restriction" OR "planned sleep restriction" OR "strategic sleep restriction" OR "voluntary sleep restriction" OR "deliberate sleep cutting" OR "intentional sleep cutting" OR "planned sleep cutting" OR "strategic sleep cutting" OR "voluntary sleep cutting" OR "deliberate sleep shortening" OR "intentional sleep shortening" OR "planned sleep shortening" OR "strategic sleep shortening" OR "voluntary sleep shortening"	Web of Science	10	25.11.2022	
4	"retaliatory staying up late" OR "revenge staying up late"	Web of Science	0	25.11.2022	
5	"borrow from sleep" OR "steal from sleep"	Web of Science	0	25.11.2022	
0	"bedtime procrastination"	Scopus	317	25.11.2022	
1	"revenge bedtime procrastination"	Scopus	2	25.11.2022	RBP only mentioned in passing
2	"deliberate OR intended OR intentional OR planned OR strategic OR voluntary bedtime OR sleep procrastination OR delay OR retardation"	Scopus	0	25.11.2022	
3	"deliberate sleep restriction" OR "intentional sleep restriction" OR "planned sleep restriction" OR "strategic sleep restriction" OR "voluntary sleep restriction" OR "deliberate sleep cutting" OR "intentional sleep cutting" OR "planned sleep cutting" OR "strategic sleep cutting" OR "voluntary sleep cutting" OR "deliberate sleep shortening" OR "intentional sleep shortening" OR "planned sleep shortening" OR "strategic sleep shortening" OR "voluntary sleep shortening"	Scopus	14	25.11.2022	
4	"retaliatory staying up late" OR "revenge staying up late"	Scopus	0	25.11.2022	
5	"borrow from sleep" OR "steal from sleep"	Scopus	0	25.11.2022	
0	Total number of search results after merging the results of all databases and removing duplicates	All	727	25.11.2022	
1	Total number of search results after merging the results of all databases and removing duplicates	All	17	25.11.2022	RBP only mentioned in passing
2	Total number of search results after merging the results of all databases and removing duplicates	All	9	25.11.2022	
3	Total number of search results after merging the results of all databases and removing duplicates	All	234	25.11.2022	
4	Total number of search results after merging the results of all databases and removing duplicates	All	2	25.11.2022	
5	Total number of search results after merging the results of all databases and removing duplicates	All	29	25.11.2022	

Notes. The searches in each database were conducted with the specified period "none/until now" and with the specified fields "all fields".

Appendix B

Sample Excerpt of the Systematic “Cleaning and Screening” Process of all Raw Data/Articles Exported via Nexis Uni¹⁰

Screening												Precoding of data collection units							
Basics: Raw data of article exports considered for screening		Quick check of inclusion criteria (1 = Yes, 2 = No)					Article inclusion decision					Article-level variables: Formal categories and general features of the article (must be coded in full only in case of positive inclusion decision)							
No.	Article headline (only main heading)	Article content (textual)	Unique text occurrence among included articles/ no duplicate. (For final decision consider columns J-K)	Article must be written in English language	Must be a fully exported/available news article (no fragments, transcripts of radio / TV broadcasts, visuals...)	Relevancy check: article must contain at least one statement related to RBP as strategic delay (-> intentionality)	Can be included based on criteria on the left? Automated:	Must be excluded due to exclusion criteria or issues encountered during screening or coding. Indicate reason, otherwise leave blank.	Is this a (potential) duplicate? Select one of the options and come back here after reviewing all articles.	If a duplicate (or noteworthy similarity) that we should check? was found, what is the No. of the other article?	Inclusion decision in agreement with Selina?	Author(s)	Date	Country	Media outlet	Article focus/ overall topic (as conveyed by title, initial reading)	Thematic status of RBP	Total Words	RBP-related words (approx.)
1	#BigTrends: The state of the attention economy	In economics, a scarce resource is one with an	1	1	1	1	Yes		I am pretty sure this is unique		Yes	Deborah Schepers	11.01.2022	South Africa	Bloomberg.com	Media strategies for dealing with	only mentioned in passing	867	76
2	#trending: TikTok's 'S to 9' trend boasts better use of	Singapore SINGAPORE — The 'S to 9' trend has	1	1	2	n.a.	No	Incomplete article -> RBP statement not viewable	I am pretty sure this is unique		Yes	n.a.	13.09.2022	Singapore	Today Online			1122	46
3	[Weekender] Sleep-deprived Korea	Whether chasing a lifestyle of low sleep and high	1	1	1	1	Yes		I can't say yet		Yes	Park Ga-young	25.08.2022	Korea	THE KOREA HERALD	Sleep deprivation in South Korea	side topic	1043	223
4	[Weekender] Sleep-deprived Korea	Whether chasing a lifestyle of low sleep and high	2	1	1	1	No	Exact duplicate	I am sure this is a duplicate	3	Yes	n.a.	25.08.2022	Korea	THE KOREA HERALD			1056	223
5	[Weekender] Sleep-deprived Korea	Whether chasing a lifestyle of low sleep and high	2	1	1	1	No	Exact duplicate	I am sure this is a duplicate	3	Yes	n.a.	25.08.2022	Korea	THE KOREA HERALD			1040	223
6	究竟睡眠至关重要，还是熬夜更重要？	到底会睡得更好还是睡得更好	1	2	1	1	No	Other language	I can't say yet		Yes	n.a.	25.07.2022	China	ThePaper.cn			426	n.a.
7	熬夜对身体好吗？睡眠不足会让你变得更糟	到底会睡得更好还是睡得更好	1	2	1	1	No	Other language	This looks similar to something else	6	Yes	n.a.	24.07.2022	China	ThePaper.cn			426	n.a.
8	睡眠质量好坏对健康的影响有多大？听听专家的建议	每天晚上，我都会在女儿睡着后把手机放在卫生间	1	2	1	1	No	Other language	I can't say yet		Yes	n.a.	31.08.2022	China	Fortune China			1214	n.a.
9	"Freizeit" am Abend; Wer regelmäßig später als	Die Steuererklärung, die Darmkrebs-Vorsorge, die	1	2	1	n.a.	No	Other language	I can't say yet		Yes	Ricarda Dieckmann	09.12.2021	Germany	Börstädter Zeitung			835	n.a.
10	"Freizeit" am Abend; Wer regelmäßig später als	Die Steuererklärung, die Darmkrebs-Vorsorge, die	2	2	1	n.a.	No	Exact duplicate & Other language	I am sure this is a duplicate	9	Yes	Ricarda Dieckmann	08.12.2021	Germany	Groß-GERAUER			835	n.a.
11	"Freizeit" am Abend; Wer regelmäßig später als	Die Steuererklärung, die Darmkrebs-Vorsorge, die	2	2	1	n.a.	No	Exact duplicate & Other language	I am sure this is a duplicate	9	Yes	Ricarda Dieckmann	08.12.2021	Germany	Lampertheimer Zeitung			835	n.a.
12	"Freizeit" am Abend; Wer regelmäßig später als	Die Steuererklärung, die Darmkrebs-Vorsorge, die	2	2	1	n.a.	No	Exact duplicate & Other language	I am sure this is a duplicate	9	Yes	Ricarda Dieckmann	08.12.2021	Germany	Starkenburger Echo			835	n.a.
13	"Freizeit" am Abend; Wer regelmäßig später als	Die Steuererklärung, die Darmkrebs-Vorsorge, die	2	2	1	n.a.	No	Exact duplicate & Other language	I am sure this is a duplicate	9	Yes	Ricarda Dieckmann	08.12.2021	Germany	Allgemeine Zeitung			835	n.a.
14	"Freizeit" am Abend; Wer regelmäßig später als	Die Steuererklärung, die Darmkrebs-Vorsorge, die	2	2	1	n.a.	No	Exact duplicate & Other language	I am sure this is a duplicate	9	Yes	Ricarda Dieckmann	08.12.2021	Germany	Wormser Zeitung			835	n.a.
15	"Freizeit" am Abend; Wer regelmäßig später als	Die Steuererklärung, die Darmkrebs-Vorsorge, die	2	2	1	n.a.	No	Exact duplicate & Other language	I am sure this is a duplicate	9	Yes	Ricarda Dieckmann	08.12.2021	Germany	Main-Spitze			835	n.a.
16	"Freizeit" am Abend; Wer regelmäßig später als	Die Steuererklärung, die Darmkrebs-Vorsorge, die	2	2	1	n.a.	No	Exact duplicate & Other language	This looks similar to something else	9	Yes	Ricarda Dieckmann	11.12.2021	Germany	Oraankenburger Generalanzeiger			816	n.a.
17	"Freizeit" am Abend; Wer regelmäßig später als	Die Steuererklärung, die Darmkrebs-Vorsorge, die	2	2	1	n.a.	No	Exact duplicate & Other language	This looks similar to something else	9	Yes	Ricarda Dieckmann	11.12.2021	Germany	Märkische Oderzeitung			816	n.a.
18	Üllatar põhjus, miks sa üleväl passid, kuigi peaksid	Üllatar põhjus, miks sa üleväl passid, kuigi peaksid	1	2	1	n.a.	No	Other language	I am pretty sure this is unique		Yes	n.a.	06.05.2021	Estonia	Postimees Estonian			319	n.a.
19	"Revenge bedtime procrastination"; Warum	Nur noch die eine Serien-Folge, dann wird	1	2	1	n.a.	No	Other language	I can't say yet		Yes	Anna Eube	09.02.2021	Germany	WELT ONLINE			1003	n.a.
20	"Revenge bedtime procrastination"; Warum	Nur noch die eine Serien-Folge, dann wird	2	2	1	n.a.	No	Other language	I am sure this is a duplicate	19	Yes	Anna Eube	09.02.2021	Germany	WELT ONLINE			1003	n.a.
21	Éteindre l'écran et aller au lit; Ne pas repousser le	La déclaration d'impôts, les rideaux qui doivent	1	2	1	n.a.	No	Other language	This looks similar to something else	9	Yes	Axel Springer	18.11.2021	France	Di Welt (French)			730	n.a.
22	2:00PM Water Cooler 9/21/2021	Sep 21, 2021 Naked Capitalism:	1	1	2	n.a.	No	Clipped together quotes from a linked article on	I am pretty sure this is unique		Yes	Lambert Strether	21.09.2021	n.a.	Niwstex Blogs Naked Capitalism			7772	344
23	3 Key Takeaways From The Webinar 'China's Wellness	In the wake of pandemic uncertainties and	1	1	2	n.a.	No	Incomplete article -> RBP statement not viewable	I am pretty sure this is unique		Yes	n.a.	24.08.2022	n.a.	Jing Daily			789	36
24	5 things to know for February 15: Trump,	It's Presidents' Day, the day the	1	1	2	1	No	Just an overview page of different articles with a	I am pretty sure this is unique		No	Harmeet Kaur	15.02.2021	n.a.	CNN Wire			987	46
25	8 practical ways to kick your procrastination habit	• To stop procrastinating, break your	1	1	1	2	No	RBP mention only within an embedded reference	I am pretty sure this is unique		No	n.a.	13.05.2022	n.a.	Insider			1798	13
26	2021: THE YEAR OF REVENGE	2021 was the year we chose to exact revenge	1	1	1	1	Yes		I can't say yet		No	Kritika Kapoor	30.12.2021	India	Times of India (AHMEDABAD)	various Covid revenge	side topic	988	51
27	2021: THE YEAR OF REVENGE	FLASH BACK 2021	2	1	1	n.a.	No	Exact duplicate	I am sure this is a duplicate	26		Kritika Kapoor	31.12.2021	India	Times of India (CHENNAI TIMES)			931	51

¹⁰ To account for the fact that news retrieval via Nexis Uni can sometimes be problematic and lead to unreliable results, such as information repetition and information loss (MacMillan, 2005), I added missing text to articles that were exported incompletely but were available online as full text, and cleaned digital editions of advertisements/references to other websites that had been accidentally incorporated during export as if they were part of the articles. Only then did I review all full texts with respect to my pre-determined criteria (see Table 1).

Appendix C

Overview of Final Dataset and its Coding by Formal Variables at Article or Actor Statement Level

IDs		Article level formal variables							Actor statement level formal variables			
Article	Statement	Article headline	Article author	Publication country	Publication date	Media outlet	Article length (words)	Thematic status of RBP	Article topic	Actor type	Actor origin	Actor prominence
1	101	#BizTrends: The state of the attention economy and its in	Deborah Schepers	South Africa	11.01.2022	Bizcommunity.com	867	RBP only mentioned in passing	Media strategies for dealing with increased attention scarcity	Journalist	South Africa	Statement/interpretation of the article's author
2	201	Sleep-deprived Korea	Park Ga-young	South Korea	25.08.2022	THE KOREA HERALD	1043	RBP as side topic	Sleep deprivation in South Korea	Working people	South Korea	Up to 4 sentences
3	202	Sleep-deprived Korea	Park Ga-young	South Korea	25.08.2022	THE KOREA HERALD	1043	RBP as side topic	Sleep deprivation in South Korea	Journalist	South Korea	Statement/interpretation of the article's author
4	301	2021: THE YEAR OF REVENGE	Kritika Kapoor	India	30.12.2021	The Times of India	988	RBP as side topic	Various Covid revenge phenomena	Journalist	India	Statement/interpretation of the article's author
5	401	A little self care cures wellness	Belle Taylor	Australia	19.09.2020	The West Australian (Perth)	758	RBP as side topic	Absurd self-care trends	Journalist	Australia	Statement/interpretation of the article's author
6	501	I take revenge on my lack of free time by delaying sleep	Charlene Goh	Singapore	02.07.2022	Today Online	1413	RBP as only or main topic	(Self-)experience report why we don't want/fail to sleep early	Expert	Singapore	Up to 2 sentences
7	502	I take revenge on my lack of free time by delaying sleep	Charlene Goh	Singapore	02.07.2022	Today Online	1413	RBP as only or main topic	(Self-)experience report why we don't want/fail to sleep early	Expert	Singapore	More than 4 sentences
8	503	I take revenge on my lack of free time by delaying sleep	Charlene Goh	Singapore	02.07.2022	Today Online	1413	RBP as only or main topic	(Self-)experience report why we don't want/fail to sleep early	Expert	Singapore	More than 4 sentences
9	504	I take revenge on my lack of free time by delaying sleep	Charlene Goh	Singapore	02.07.2022	Today Online	1413	RBP as only or main topic	(Self-)experience report why we don't want/fail to sleep early	Other/Unclear	Singapore	Up to 2 sentences
10	505	I take revenge on my lack of free time by delaying sleep	Charlene Goh	Singapore	02.07.2022	Today Online	1413	RBP as only or main topic	(Self-)experience report why we don't want/fail to sleep early	Journalist	Singapore	Statement/interpretation of the article's author
11	601	Binge TV all about me	Joanna Hall	Australia	10.05.2022	The Daily Telegraph	998	RBP as side topic	Binge-watching and (R)BP	Expert	Australia	Up to 3 sentences
12	602	Binge TV all about me	Joanna Hall	Australia	10.05.2022	The Daily Telegraph	998	RBP as side topic	Binge-watching and (R)BP	Journalist	Australia	Statement/interpretation of the article's author
13	701	Blog: Sleep business garners competition from other pro	Sheila Long OMara	USA	12.07.2021	Furniture Today	565	RBP as side topic	Competition of different industries in offering sleep solutions	Journalist	USA	Statement/interpretation of the article's author
14	801	Caitlin Moran: My mood? Farrow & Ball Cook's Blue	Caitlin Moran	UK	01.05.2021	The Times	1713	RBP only mentioned in passing	Covid-Blues, languishing and its overcoming	Journalist	UK	Statement/interpretation of the article's author
15	901	Clever sleep cures for chronic insomniacs, empty nest fr	Boudicca Fox-Leonard	UK	22.01.2022	The Telegraph	3365	RBP only mentioned in passing	Family sleep issues since Covid and how to handle them	Journalist	UK	Statement/interpretation of the article's author
16	1001	Clock Conundrum	Aryelle Siclaait	USA	15.09.2021	Women's Health	1365	RBP as side topic	Time poverty, especially among women	Journalist	USA	Statement/interpretation of the article's author
17	1002	Clock Conundrum	Aryelle Siclaait	USA	15.09.2021	Women's Health	1365	RBP as side topic	Time poverty, especially among women	Expert	USA	Up to 2 sentences
18	1101	Commentary: Cure to burnout requires a pervasive cultur	Grace Yeoh	Singapore	05.10.2020	Channel NewsAsia	1511	RBP only mentioned in passing	Recognizing and combating burnout (rest- not productivity-frame	Journalist	Singapore	Statement/interpretation of the article's author
19	1201	Commentary: Revenge bedtime procrastination in Singap	Stijn Massar	Singapore	14.06.2021	Channel NewsAsia	1253	RBP as only or main topic	Digital media, (R)BP and associated consequences	Working people	unclear	Up to 2 sentences
20	1202	Commentary: Revenge bedtime procrastination in Singap	Stijn Massar	Singapore	14.06.2021	Channel NewsAsia	1253	RBP as only or main topic	Digital media, (R)BP and associated consequences	Other/Unclear	unclear	1 sentence or less
21	1203	Commentary: Revenge bedtime procrastination in Singap	Stijn Massar	Singapore	14.06.2021	Channel NewsAsia	1253	RBP as only or main topic	Digital media, (R)BP and associated consequences	Journalist	Singapore	Statement/interpretation of the article's author
22	1301	Commentary: Why some night owls are flourishing durin	Karen Tee	Singapore	24.06.2021	Channel NewsAsia	1251	RBP only mentioned in passing	Benefits/ joys of being a night owl & new opportunities with WFH	Expert	unclear	Up to 2 sentences
23	1401	CONFESSIONS OF A BEDTIME PROCRASTINATOR	Claudia Connell	UK	27.09.2021	DAILY MAIL	1289	RBP only mentioned in passing	Self-experience report of a bedtime procrastinator & night owl	Journalist	UK	Statement/interpretation of the article's author
24	1501	COVID-somnia is ruining students' schedules	Taneshaa Pradhan	Canada	09.03.2021	The McGill Tribune	625	RBP only mentioned in passing	Coronasmomnia among students	Journalist	Canada	Statement/interpretation of the article's author
25	1601	dealing with the doom: give your mind a break	Abigail Banerji	India	10.02.2022	HT City	322	RBP only mentioned in passing	Doomscrolling and its bad impact especially since the pandemic	Expert	India	Up to 2 sentences
26	1701	DELAYING SLEEP FOR MORE 'ME TIME' Revenge b	Rachel Baker	USA	10.05.2021	Spokesman Review	628	RBP as only or main topic	RBP	Journalist	USA	Statement/interpretation of the article's author
27	1801	Do YOU stay awake scrolling even when you're exhauste	Stephanie Linning	UK	02.08.2021	MailOnline	637	RBP as only or main topic	RBP	Expert	UK	More than 4 sentences
28	1802	Do YOU stay awake scrolling even when you're exhauste	Stephanie Linning	UK	02.08.2021	MailOnline	637	RBP as only or main topic	RBP	Other/Unclear	Pakistan	More than 4 sentences
29	1901	Experts share 10 worst mistakes you're making before b	Surena Chande	UK	21.03.2022	mirror.co.uk	1835	RBP as side topic	Mistakes made before going to bed that affect sleep	Expert	UK	More than 4 sentences
30	2001	Flexing a 4-day week to work the right way: My experim	Jamie Lee	Singapore	24.07.2021	The Business Times Singapore	1165	RBP only mentioned in passing	Flexible working hours, 4-day week and time control during pand	Journalist	Singapore	Statement/interpretation of the article's author
31	2101	Grab the "golden hour" of sleep, study reveals sweet spo	Kirti Pandey	India	12.11.2021	Times Now	986	RBP only mentioned in passing	Circadian rhythms and sleep	Expert	unclear	1 sentence or less
32	2102	Grab the "golden hour" of sleep, study reveals sweet spo	Kirti Pandey	India	12.11.2021	Times Now	986	RBP only mentioned in passing	Circadian rhythms and sleep	Journalist	India	Statement/interpretation of the article's author
33	2201	Hair Transformations in Media and the Psychology of It	Dr. Terri Orbach	USA	27.09.2022	The Trinity Tripod	469	RBP as side topic	Impulsive nocturnal hair changes and the reasons behind them	Journalist	USA	Statement/interpretation of the article's author
34	2301	Here to Help: How I Hold It Together	Farah Miller	USA	24.11.2021	The New York Times	419	RBP only mentioned in passing	An editor's personal wellness tips to get through the pandemic	Journalist	USA	Statement/interpretation of the article's author
35	2401	How to Reclaim the Sleep the Pandemic Stole	Anahad O'Connor	USA	15.06.2021	The New York Times	2264	RBP only mentioned in passing	Sleep problems since the pandemic and tips for better sleep	Journalist	USA	Statement/interpretation of the article's author
36	2501	How to sleep: How 'revenge bedtime procrastination' ca	Christopher Sharp	UK	22.03.2022	Express Online	417	RBP as side topic	RBP and other habits that cause poor sleep	Journalist	UK	Statement/interpretation of the article's author
37	2601	What is revenge bedtime procrastination? Experts discus	Meghan Holohan	USA	21.12.2021	Today All Day	948	RBP as only or main topic	RBP (various experts' opinions)	Expert	USA	More than 4 sentences
38	2602	What is revenge bedtime procrastination? Experts discus	Meghan Holohan	USA	21.12.2021	Today All Day	948	RBP as only or main topic	RBP (various experts' opinions)	Expert	USA	More than 4 sentences
39	2603	What is revenge bedtime procrastination? Experts discus	Meghan Holohan	USA	21.12.2021	Today All Day	948	RBP as only or main topic	RBP (various experts' opinions)	Expert	USA	More than 4 sentences
40	2604	What is revenge bedtime procrastination? Experts discus	Meghan Holohan	USA	21.12.2021	Today All Day	948	RBP as only or main topic	RBP (various experts' opinions)	Journalist	USA	Statement/interpretation of the article's author
41	2701	Is 'Momsomnia' Keeping You Up at Night?: The NYT Pt	Jessica Grose	USA	29.09.2021	The New York Times	1182	RBP as side topic	Expert interview on parental sleep problems and solutions	Expert	USA	More than 4 sentences
42	2801	Is the pandemic disrupting your period? Experts believe	Chrissie Russell	Ireland	22.02.2021	Irish Independent	1344	RBP only mentioned in passing	Pandemic-related changes in menstrual cycles	Other/Unclear	UK	Up to 3 sentences
43	2901	It only took 15 years for us to have a night away from the	Jen Hogan	Ireland	23.11.2021	The Irish Times	790	RBP only mentioned in passing	Personal report about a child-free timeout of two parents	Journalist	UK	Statement/interpretation of the article's author
44	3001	I've ruined my sleep with 'revenge bedtime procrastinatio	Victoria Richards	UK	16.02.2021	The Independent	930	RBP as only or main topic	RBP	Working people	unclear	Up to 3 sentences
45	3002	I've ruined my sleep with 'revenge bedtime procrastinatio	Victoria Richards	UK	16.02.2021	The Independent	930	RBP as only or main topic	RBP	Other/Unclear	unclear	Up to 2 sentences
46	3003	I've ruined my sleep with 'revenge bedtime procrastinatio	Victoria Richards	UK	16.02.2021	The Independent	930	RBP as only or main topic	RBP	Other/Unclear	unclear	1 sentence or less
47	3004	I've ruined my sleep with 'revenge bedtime procrastinatio	Victoria Richards	UK	16.02.2021	The Independent	930	RBP as only or main topic	RBP	Expert	UK	More than 4 sentences
48	3005	I've ruined my sleep with 'revenge bedtime procrastinatio	Victoria Richards	UK	16.02.2021	The Independent	930	RBP as only or main topic	RBP	Journalist	UK	Statement/interpretation of the article's author
49	3101	Market America SHOP.COM's Eight Tips to Get Your !	Gillean Smith	USA	03.08.2020	PR Newswire	1718	RBP as side topic	Sleep: its importance, its low prioritization and sleep advice	Journalist	USA	Statement/interpretation of the article's author
50	3201	More sleep, more stoicism and more sex (for some): cop	Emily Dugan	UK	06.03.2021	The Sunday Times	1886	RBP only mentioned in passing	Impact of the lockdown on various life aspects	Journalist	UK	Statement/interpretation of the article's author
51	3301	OPINION: Don't scapegoat social media alone for poor r	Kenny Le	USA	16.09.2021	The Student Life	549	RBP only mentioned in passing	(Not always negative) impact of social media on mental health	Journalist	USA	Statement/interpretation of the article's author
52	3401	OPINION: Sleep schedules should not be subject to shan	Mishaal Ijaz	USA	29.04.2021	The Student Life	780	RBP only mentioned in passing	More understanding towards late sleep patterns	Journalist	USA	Statement/interpretation of the article's author
53	3501	Pandemic got you down? Me too.	Nick Sack	USA	22.04.2021	The Carroll News	564	RBP as side topic	Feeling of & dealing with Languishing as a pandemic symptom	Journalist	USA	Statement/interpretation of the article's author
54	3601	Powering down: Inside India's sleep crisis	Anesha George	India	23.04.2022	Hindustan Times	2037	RBP as side topic	(Historical) consideration of sleep, its cycles, its importance	Expert	India	Up to 3 sentences
55	3602	Powering down: Inside India's sleep crisis	Anesha George	India	23.04.2022	Hindustan Times	2037	RBP as side topic	(Historical) consideration of sleep, its cycles, its importance	Journalist	India	Statement/interpretation of the article's author
56	3701	Restless at Work? Don't Join the Throngs of Job Quitters	Robin Abrahams	USA	06.08.2021	Newsweek	1871	RBP only mentioned in passing	Potential pitfalls & pandemic influences of a job change desire	Journalist	USA	Statement/interpretation of the article's author
57	3801	Revenge bedtime procrastination' could be robbing you c	Megan Marples	USA	15.02.2021	CNN Wire	984	RBP as only or main topic	RBP	Expert	USA	More than 4 sentences
58	3802	Revenge bedtime procrastination' could be robbing you c	Megan Marples	USA	15.02.2021	CNN Wire	984	RBP as only or main topic	RBP	Working people	USA	More than 4 sentences
59	3901	Revenge Bedtime Procrastination' Could Seriously Be H	Morgan Sullivan	USA	08.12.2021	SheKnows	598	RBP as only or main topic	(R)BP	Journalist	USA	Statement/interpretation of the article's author
60	4001	Revenge bedtime procrastination: Here's what it means a	Luke Coutinhoa	India	27.03.2022	Free Press Journal	672	RBP as only or main topic	RBP	Journalist	India	Statement/interpretation of the article's author
61	4101	Revenge bedtime procrastination: Stop scrolling on your	Joyeeta Chakravorty	India	01.03.2021	The Times of India	492	RBP as only or main topic	RBP	Other/Unclear	India	Up to 3 sentences
62	4102	Revenge bedtime procrastination: Stop scrolling on your	Joyeeta Chakravorty	India	01.03.2021	The Times of India	492	RBP as only or main topic	RBP	Expert	India	More than 4 sentences
63	4103	Revenge bedtime procrastination: Stop scrolling on your	Joyeeta Chakravorty	India	01.03.2021	The Times of India	492	RBP as only or main topic	RBP	Expert	India	More than 4 sentences

IDs		Article level formal variables							Actor statement level formal variables			
Article	Statement	Article headline	Article author	Publication country	Publication date	Media outlet	Article length (words)	Thematic status of RBP	Article topic	Actor type	Actor origin	Actor prominence
42	4201	Revenge bedtime procrastination: What is it? Are you do		India	07.08.2021	The Times of India	446	RBP as only or main topic	RBP	Journalist	India	Statement/interpretation of the article's author
43	4301	Revenge bedtime procrastination: What it is and why it's	Ricarda Dieckmann	Germany	07.12.2021	dpa trends & features	641	RBP as only or main topic	RBP	Expert	Germany	More than 4 sentences
43	4302	Revenge bedtime procrastination: What it is and why it's	Ricarda Dieckmann	Germany	07.12.2021	dpa trends & features	641	RBP as only or main topic	RBP	Expert	Germany	More than 4 sentences
43	4303	Revenge bedtime procrastination: What it is and why it's	Ricarda Dieckmann	Germany	07.12.2021	dpa trends & features	641	RBP as only or main topic	RBP	Journalist	Germany	Statement/interpretation of the article's author
44	4401	Revenge bedtime procrastination: what it is and why we	Kimberly Gillan	Australia	24.05.2021	The Age	932	RBP as only or main topic	RBP	Expert	Australia	More than 4 sentences
44	4402	Revenge bedtime procrastination: what it is and why we	Kimberly Gillan	Australia	24.05.2021	The Age	932	RBP as only or main topic	RBP	Working people	Australia	More than 4 sentences
44	4403	Revenge bedtime procrastination: what it is and why we	Kimberly Gillan	Australia	24.05.2021	The Age	932	RBP as only or main topic	RBP	Expert	Australia	More than 4 sentences
44	4404	Revenge bedtime procrastination: what it is and why we	Kimberly Gillan	Australia	24.05.2021	The Age	932	RBP as only or main topic	RBP	Expert	Australia	More than 4 sentences
44	4405	Revenge bedtime procrastination: what it is and why we	Kimberly Gillan	Australia	24.05.2021	The Age	932	RBP as only or main topic	RBP	Journalist	Australia	Statement/interpretation of the article's author
45	4501	Revenge bedtime procrastination: What it means and how	Christie Russell	Ireland	24.05.2021	Irish Independent	1449	RBP as only or main topic	RBP	Working people	Ireland	More than 4 sentences
45	4502	Revenge bedtime procrastination: What it means and how	Christie Russell	Ireland	24.05.2021	Irish Independent	1449	RBP as only or main topic	RBP	Expert	Ireland	More than 4 sentences
45	4503	Revenge bedtime procrastination: What it means and how	Christie Russell	Ireland	24.05.2021	Irish Independent	1449	RBP as only or main topic	RBP	Expert	Ireland	More than 4 sentences
45	4504	Revenge bedtime procrastination: What it means and how	Christie Russell	Ireland	24.05.2021	Irish Independent	1449	RBP as only or main topic	RBP	Journalist	Ireland	Statement/interpretation of the article's author
46	4601	Revenge bedtime procrastination: Why do we stay awak	Izzie Deibe	UK	28.05.2021	Express Online	738	RBP as only or main topic	Interview on RBP	Expert	Germany	More than 4 sentences
46	4602	Revenge bedtime procrastination: Why do we stay awak	Izzie Deibe	UK	28.05.2021	Express Online	738	RBP as only or main topic	Interview on RBP	Journalist	UK	Statement/interpretation of the article's author
47	4701	Revenge is sweet...just not before you go to sleep	Linda Cao	USA	28.10.2021	The Duke Chronicle	795	RBP as only or main topic	RBP	Expert	USA	More than 4 sentences
48	4801	Sleep more to lose weight	Monica Cating-Cabral	Philippines	03.09.2022	Philippines Daily Tribune	381	RBP only mentioned in passing	Sleep (and losing weight)	Journalist	Philippines	Statement/interpretation of the article's author
49	4901	Staying up late was affecting the way I parent. I'm making	Colleen Temple	Netherlands	20.09.2021	Business Insider Nederland	591	RBP as only or main topic	RBP and parenting	Journalist	Netherlands	Statement/interpretation of the article's author
50	5001	Staying up late, that extra éclair - sometimes there is virt	Coco Khan	UK	28.03.2021	The Guardian	310	RBP as only or main topic	RBP	Journalist	UK	Statement/interpretation of the article's author
50	5002	Staying up late, that extra éclair - sometimes there is virt	Coco Khan	UK	28.03.2021	The Guardian	310	RBP as only or main topic	RBP	Working people	unclear	1 sentence or less
51	5101	STAYING UP TOO LATE? WELCOME TO REVENGE	Beth Teitell	USA	19.06.2021	States News Service	909	RBP as only or main topic	RBP	Working people	USA	Up to 3 sentences
51	5102	STAYING UP TOO LATE? WELCOME TO REVENGE	Beth Teitell	USA	19.06.2021	States News Service	909	RBP as only or main topic	RBP	Expert	USA	1 sentence or less
51	5103	STAYING UP TOO LATE? WELCOME TO REVENGE	Beth Teitell	USA	19.06.2021	States News Service	909	RBP as only or main topic	RBP	Other/Unclear	USA	Up to 4 sentences
51	5104	STAYING UP TOO LATE? WELCOME TO REVENGE	Beth Teitell	USA	19.06.2021	States News Service	909	RBP as only or main topic	RBP	Working people	USA	Up to 4 sentences
51	5105	STAYING UP TOO LATE? WELCOME TO REVENGE	Beth Teitell	USA	19.06.2021	States News Service	909	RBP as only or main topic	RBP	Journalist	USA	Statement/interpretation of the article's author
52	5201	Susan Swarbrick's Week: The dreaded curse of 'revenge	Susan Swarbrick	Scotland	07.02.2021	The Herald	491	RBP as only or main topic	RBP	Journalist	Scotland	Statement/interpretation of the article's author
53	5301	The Psychology Behind 'Revenge Bedtime Procrastinatio	Lu-Hai Liang	UK	26.11.2020	BBC	1547	RBP as only or main topic	RBP	Working people	China	More than 4 sentences
53	5302	The Psychology Behind 'Revenge Bedtime Procrastinatio	Lu-Hai Liang	UK	26.11.2020	BBC	1547	RBP as only or main topic	RBP	Working people	China	Up to 2 sentences
53	5303	The Psychology Behind 'Revenge Bedtime Procrastinatio	Lu-Hai Liang	UK	26.11.2020	BBC	1547	RBP as only or main topic	RBP	Working people	China	Up to 2 sentences
53	5304	The Psychology Behind 'Revenge Bedtime Procrastinatio	Lu-Hai Liang	UK	26.11.2020	BBC	1547	RBP as only or main topic	RBP	Working people	China	More than 4 sentences
53	5305	The Psychology Behind 'Revenge Bedtime Procrastinatio	Lu-Hai Liang	UK	26.11.2020	BBC	1547	RBP as only or main topic	RBP	Expert	UK	More than 4 sentences
53	5306	The Psychology Behind 'Revenge Bedtime Procrastinatio	Lu-Hai Liang	UK	26.11.2020	BBC	1547	RBP as only or main topic	RBP	Expert	UK	More than 4 sentences
53	5307	The Psychology Behind 'Revenge Bedtime Procrastinatio	Lu-Hai Liang	UK	26.11.2020	BBC	1547	RBP as only or main topic	RBP	Journalist	UK	Statement/interpretation of the article's author
54	5401	There's a Name for the Blah You're Feeling: It's Called	Adam Grant	USA	19.04.2021	The New York Times	1489	RBP only mentioned in passing	Concept of languishing	Journalist	USA	Statement/interpretation of the article's author
55	5501	Try the '3-R' Sleep Ritual to Help Combat the Deadend R	Nick Hobson	USA	25.06.2022	Inc. Magazine	583	RBP as only or main topic	Tips to combat RBP	Journalist	USA	Statement/interpretation of the article's author
56	5601	Trying to stay up at night? It's called 'revenge bedtime pr	Ismat Tabseen	India	13.02.2021	The Times of India	470	RBP as only or main topic	RBP	Working people	India	Up to 3 sentences
56	5602	Trying to stay up at night? It's called 'revenge bedtime pr	Ismat Tabseen	India	13.02.2021	The Times of India	470	RBP as only or main topic	RBP	Expert	India	More than 4 sentences
56	5603	Trying to stay up at night? It's called 'revenge bedtime pr	Ismat Tabseen	India	13.02.2021	The Times of India	470	RBP as only or main topic	RBP	Expert	India	More than 4 sentences
56	5604	Trying to stay up at night? It's called 'revenge bedtime pr	Ismat Tabseen	India	13.02.2021	The Times of India	470	RBP as only or main topic	RBP	Journalist	India	Statement/interpretation of the article's author
57	5701	Vi woos night owls on 'revenge procrastination' with nev	Namah Chauwa	India	26.07.2021	afiqs.com	514	RBP as side topic	Ads for a nightly unlimited mobile data plan for RBPsers	Journalist	India	Statement/interpretation of the article's author
58	5801	Want more sleep, but can't stop staying up late? You mig	Abi Jackson	UK	04.07.2021	The Independent	1103	RBP as only or main topic	RBP	Expert	UK	More than 4 sentences
58	5802	Want more sleep, but can't stop staying up late? You mig	Abi Jackson	UK	04.07.2021	The Independent	1103	RBP as only or main topic	RBP	Expert	UK	More than 4 sentences
58	5803	Want more sleep, but can't stop staying up late? You mig	Abi Jackson	UK	04.07.2021	The Independent	1103	RBP as only or main topic	RBP	Journalist	UK	Statement/interpretation of the article's author
59	5901	What Questions Do You Have About Sleep?: Ask Well		USA	22.04.2021	The New York Times	245	RBP only mentioned in passing	Sleep and sleep problems (Editorial call for reader questions)	Journalist	USA	Statement/interpretation of the article's author
60	6001	You might be ruining your sleep with revenge bedtime pr	Jenna Ryu	USA	30.06.2021	USA TODAY	668	RBP as only or main topic	RBP	Expert	USA	More than 4 sentences
60	6002	You might be ruining your sleep with revenge bedtime pr	Jenna Ryu	USA	30.06.2021	USA TODAY	668	RBP as only or main topic	RBP	Expert	USA	More than 4 sentences
60	6003	You might be ruining your sleep with revenge bedtime pr	Jenna Ryu	USA	30.06.2021	USA TODAY	668	RBP as only or main topic	RBP	Journalist	USA	Statement/interpretation of the article's author
61	6101	Sleepless in Singapore: Battling insomnia in my 30s	Yeo Sam Jo	Singapore	23.05.2021	The Straits Times	1428	RBP as side topic	Self-report about sleep problems and search for reasons for it	Expert	Singapore	More than 4 sentences
61	6102	Sleepless in Singapore: Battling insomnia in my 30s	Yeo Sam Jo	Singapore	23.05.2021	The Straits Times	1428	RBP as side topic	Self-report about sleep problems and search for reasons for it	Journalist	Singapore	Statement/interpretation of the article's author
62	6201	The Lie We Tell Ourselves About Going to Bed Early	Arthur C. Brooks	USA	10.06.2021	The Atlantic	1325	RBP as side topic	Sleep: its importance, problems with it and overcoming them	Journalist	USA	Statement/interpretation of the article's author
63	6301	This CEO Prided Herself on Her Work Ethic. Then She /	Nick Hobson	USA	04.06.2022	Inc.com	711	RBP as side topic	Tips for performing AND staying healthy	Journalist	USA	Statement/interpretation of the article's author

Appendix D

Supplementary Study Material (Codebook, Data, Coding Files)

The codebook developed and applied in the context of this study's QCA, as well as the raw data and coding files, can be accessed in this study's supplementary online folder at the following link:

https://drive.google.com/drive/folders/1gtagLs2ajeX8Z9xe9FuTrwIKC6q5FXx2?usp=drive_link

Appendix E

More Detailed Description of the Inductive Category Development Procedure

For the inductive formation of the thematic main categories and partly also for the inductive subcategorical differentiation of the other main categories, I followed the guideline for inductive category development presented by Kuckartz and Rädiker (2023). This takes into account both Mayring's (2015) widely used approach based on paraphrasing summarization as well as the multilevel grounded theory procedure that yields key categories via open and focused coding (Strauss & Corbin, 1997; Charmaz, 2014). In implementing the circular six stages of this guideline, I took advantage of their openness to a combination of both ways.

In line with the first two stages of the guideline, I first engaged in defining a goal of category formation while reflecting on my research questions and based on this I determined category type and level of abstraction: Given the explorative-descriptive research questions on topics/aspects and actors in the public RBP-discourse, and given the research question about actors' attitudes, this led to the decision to form mainly thematic and evaluative categories, to stay close to the wording of the material at first, and to work with more abstract categories only when summarizing them. With regard to the chosen discursive paradigm of public opinion, the frequency with which topics and attitudes are mentioned would also be of interest.

Since I had already familiarized myself with the material during the screening and cleaning of the data (Appendix C) as well as during the initiating text work, the next stage for me consisted primarily in making considerations about segmentation, that is, about the range of the respectively coded text passages within the already extracted actor statements. In this context, I decided to code units of meaning that would still be comprehensible out of context in the later analysis, whereby I thought of assigning the actor statement as a whole to the actor and attitude

categories. The RBP aspects, on the other hand, should be assignable to more and smaller units of meaning within an actor statement.

Following the fourth stage of the guideline for inductive category formation, I processed the actor statements sequentially and formed categories directly on the text. For this purpose, I initially worked on a random subset of the data in a very open way (i.e., without a certain degree of concreteness or abstractness of the categories) but kept an eye on the growing category system in the course of the process and either assigned new text passages to already existing categories or newly formed additional categories. In this process, the transition to the fifth step of the Guideline, systematizing and organizing the category system, was smooth. Given the limited scope of this study's result presentation, decisions were made towards a hierarchical category system, combining similar categories, bundling them into more general main categories, or differentiating categories that were initially too broad.

After a first saturation seemed to have been reached with the circular processing of the data subset, I finalized a first category system according to step six of the guideline (i.e., the deductively derived categories were supplemented by the inductively formed main categories) and created category definitions according to the structure suggested by these authors (see Table 2 and the codebook supplementing this study report, Appendix D). However, in view of the subsequent first (coding according to the main categories) and second (coding according to the refined subcategories) review of the remaining material, this preliminary differentiated category system remained open for continuous adaptation.