

construct		items	source
Mindful Attention Awareness Scale (MAAS)	MAAS1	I could be experiencing some emotion and not be conscious of it until some time later.	Chen et al. (2012)
	MAAS2	I break or spill things because of carelessness, not paying attention, or thinking of something else.	
	MAAS3	I find it difficult to stay focused on what's happening in the present.	
	MAAS4	I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.	
	MAAS5	I tend not to notice feelings of physical tension or discomfort until they really grab my attention.	
	MAAS6	I forget a person's name almost as soon as I've been told it for the first time.	
	MAAS7	It seems I am "running on automatic" without much awareness of what I'm doing.	
	MAAS8	I rush through activities without being really attentive to them.	
	MAAS9	I get so focused on the goal I want to achieve that I lose touch with what I am doing right now to get there.	
	MAAS10	I do jobs or tasks automatically, without being aware of what I'm doing.	
	MAAS11	I find myself listening to someone with one ear, doing something else at the same time.	
	MAAS12	I drive places on "automatic pilot" and then wonder why I went there.	
	MAAS13	I find myself preoccupied with the future or the past.	
	MAAS14	I find myself doing things without paying attention.	
	MAAS15	I snack without being aware that I'm eating.	
Self-control scale(SCS)	SCS1	I am good at resisting temptation.	Luo et al.(2021)
	SCS2	I do certain things that are bad for me, if they are fun.	
	SCS3	People would say that I have iron self-discipline.	
	SCS4	Pleasure and fun sometimes keep me from getting work done.	
	SCS5	I am able to work effectively toward long-term goals.	
	SCS6	Sometimes I can't stop myself from doing something, even if I know it is wrong.	
	SCS7	I often act without thinking through all the alternatives.	
Bed procrastination scale(BPS)	BPS1	I go to bed later than I had intended.	Ma et al.(2012)
	BPS2	I go to bed early if I have to get up early in the morning	
	BPS3	If it is time to turn off the lights at night I do it immediately.	
	BPS4	Often I am still doing other things when it is time to go to bed.	
	BPS5	I easily get distracted by things when I actually would like to go to bed. I do not go to bed on time.	

BPS6	I have a regular bedtime which I keep to
BPS7	I want to go to bed on time but I just don't.
BPS8	I can easily stop with my activities when it is time to go to bed.

Sleep quality scale(SQS) (Liu, 1996)

1. During the past month, when have you usually gone to bed at night?

USUAL BED TIME

2. During the past month, how long (in minutes) has it usually take you to fall asleep each night?

NUMBER OF MINUTES

3. During the past month, when have you usually gotten up in the morning?

USUAL GETTING UP TIME

4. During the past month, how many hours of actual sleep did you get at night? (This may be different than the number of hours you spend in bed.

HOURS OF SLEEP PER NIGHT.

For each of the remaining questions, check the one best response. Please answer all questions.

5. During the past month, how often have you had trouble sleeping because you...

(1) Cannot get to sleep within 30 minutes

a. Not during the past month

b. Less than once a week

c. Once or twice a week

d. Three or more times a week

(2) Wake up in the middle of the night or early morning

a. Not during the past month

b. Less than once a week

c. Once or twice a week

d. Three or more times a week

(3) Have to get up to use the bathroom

a. Not during the past month

- b. Less than once a week
 - c. Once or twice a week
 - d. Three or more times a week
- (4) Cannot breathe comfortably
- a. Not during the past month
 - b. Less than once a week
 - c. Once or twice a week
 - d. Three or more times a week
- (5) Cough or snore loudly
- a. Not during the past month
 - b. Less than once a week
 - c. Once or twice a week
 - d. Three or more times a week
- (6) Feel too cold
- a. Not during the past month.
 - b. Less than once a week
 - c. Once or twice a week
 - d. Three or more times a week
- (7) Feel too hot
- a. Not during the past month
 - b. Less than once a week
 - c. Once or twice a week
 - d. Three or more times a week
- (8) Had bad dreams
- a. Not during the past month
 - b. Less than once a week
 - c. Once or twice a week
 - d. Three or more times a week
- (9) Have pain
- a. Not during the past month
 - b. Less than once a week
 - c. Once or twice a week
 - d. Three or more times a week
- (10) Other reason(s).
- a. none

- b. once a week
- c. 1-2 times per week
- d. ≥ 3 times/week

6. During the past month, how would you rate your sleep quality overall?

- a. Very good
- b. Fairly good
- c. Fairly bad
- d. Very bad

7. During the past month, how often have you taken medicine (prescribed or "over the counter") to help you sleep?

- a. Not during the past month
- b. the Less than once a week
- c. Once or twice a week
- d. Three or more times a week

8. During the past month, do you often feel sleepy?

- a. Not during the past month
- b. the Less than once a week
- c. Once or twice a week
- d. Three or more times a week

9. During the past month, do you lack the energy to do things?

- a. No
- b. occasionally
- c. sometimes
- d. often