Javier Quintero H. L.

GAT 212 — Spring 2014

Instructor: Benjamin Ellinger

Final Simulation Assignment:

Procrastination

BACKGROUND

DESCRIPTION

Procrastination is a pen and paper simulation about putting-off working on tasks, and the factors that cause us to do so.

PURPOSE

The issue of procrastinating is one that assails most people and I believe that a big part of why we tend to be so susceptible to it is the fact that we are mostly unaware of the different factors that cause us to procrastinate. The purpose of this simulation is to make the user aware of these factors by placing them in a situation in which they are forced to make conscious decisions to try to mitigate their effects and accomplish whatever tasks they set out to do.

THE FEATURES

COMPONENTS:
The gameplay of Procrastination begins by filling out sheets with the information for:

- Each **TASK** that you intend to complete.
- Each **LOCATION** were you intend to work.
- Your schedule and previous commitments.

These components will help you keep track of each necessary detail that you'll need to reference in order to run the simulation. Feel the pressure mount as you cross-out the days in your calendar and feel the deadlines closing in.

HOUR-BY-HOUR GAMEPLAY:
In Procrastination you simulate each hour of a day and how you choose to spend that time. Each hour that passes you will find yourself struggling with the desire to Procrastinate; as in real life, you may end up watching television despite how much you would like to be working instead.

DON'T FORGET YOURSELF:
As in real life, you not only have to balance your time between 'working' and 'not working', you will also have to make sure that you eat and sleep. As the simulation develops, you will see how your **FATIGUE** and **HUNGER** evolve throughout the day.

ABOUT THE TERMS USED

This simulation was intended as a tool for people to observe the effects that procrastination would have on them while trying to complete a set of tasks. Assuming that it would be used in this way, and in the interest of practicality, the rules are explained referring to the character of the simulation as "you". Please note that if this is not the case and the character of the simulation is actually someone else, you may simply replace each instance of the word "you" with "the character of the simulation".

COMPONENTS

CALENDAR SHEET: A basic calendar numbered from 1 to 30, without weekdays on it and which has lines on which the relevant dates for different tasks can be written. It has a line at the top on which the month can be written. Used to keep track of the current date, as well as the upcoming deadlines for each task.
SCHEDULE SHEET: A basic schedule planner divided, into the seven days of the week and the 24 hours of the day. Used to keep track of **FIXED COMMITMENTS** as well as the actions taken on a particular day.
TASK CARD: A card with spaces to fill out the following stats: **TIME ASSIGNED**, **DEADLINE**, **MOTIVATION, TOTAL DAYS, TOTAL HOURS OF WORK**. This card is also used to keep track the progress that has been made on a particular task and the days remaining until the deadline.
LOCATION CARD: A card with a space to write down the **ORDER AND CLEANLINESS** stat and extra slots to fill out each **DISTRACTION** that can be found at this location. Each **DISTRACTION** slot has a line a two boxes, one for it's name and another for its **DEGREE**.
CHARACTER SHEET: A card with space to write down the **HUNGER**, **FATIGUE** and **SLEEP DEBT** stats. This is used to update them throughout the simulation and to track of their changes.

SUPPORTING RESEARCH

When dealing with human behavior, it is fairly rare to find much hard, numerical data; particularly,

about why people tend to behave in certain ways. For this reason, many of the numbers driving this simulation had to be, by necessity, educated guesses on my part. These were, nonetheless, based on research that was done beforehand. This research resulted in a series of concepts which, I felt, are some of the primary factors that determine how likely it is that someone will succumb to procrastination. These concepts are listed and explained below.

BROKEN WINDOWS THEORY

WHAT IT IS:
Broken Windows Theory is a criminological theory developed by James Q. Wilson and George L. Kelling and discussed by Malcolm Gladwell in his book The Tipping Point: How Little Things Can Make a Difference. The theory states that the state in which an urban environment is kept will affect the mentality of the people in it; so that a well-maintained environment is likely to have a reduced crime rate.

HOW IT IS APPLIED IN PROCRASTINATION:
Taking this theory, and its premise that a person's environment will affect their mentality, I have chosen to apply this to my simulation by adding a bonus to the **PROCRASTINATION INDEX** (see rules section for details).
Effectively, the dirtier and less organized the place were you are working is, the more likely you will be to procrastinate because of that mentality shift.

ADULT SLEEP CYCLES

RESEARCH:
According to the National Sleep Foundation, one of the leading sources of information for sleeping patterns, an adult needs between 7-9 hours of sleep every night.

HOW IT IS APPLIED IN PROCRASTINATION:
One of the most important aspects of this simulation is the effect that **FATIGUE** has on the probability that you will procrastinate and, particularly, on the probability that you will choose to go to sleep instead of working. Additionally, Procrastination simulates the effect that sleep has on dissipating **FATIGUE**. In order to simulate this, it is assumed that the person whose sleep is being simulated is an adult (ages 18+) and so, the required number of hours used is 7-9.

SLEEP DEBT

WHAT IT IS:
Sleep Debt is a term that refers to the cumulative effect of getting insufficient sleep. Studies have shown that being partially sleep deprived for a several days can have a similar as being completely sleep deprived for a day.

HOW IT IS APPLIED IN PROCRASTINATION:
In Procrastination, the user is required to sleep 7-9 hours per night; any time less than that causes them to acquire **SLEEP DEBT** which over time can lead to even further procrastination.

THE ZEIGARNIK EFFECT

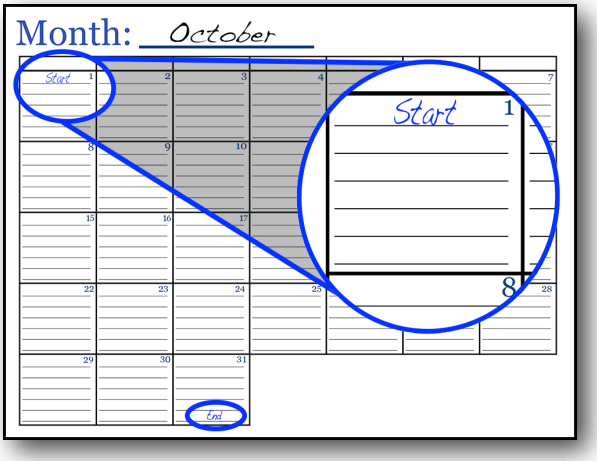
WHAT IT IS:
The Zeigarnik Effect is a psychological term used to describe the tendency to experience uneasy and dissonant thoughts about a task that has been started but not completed.
Further studies on this subject have also shown that this effect can sometimes be the cause of procrastination when dealing with a task that hasn't been started yet. This occurs because the brain focuses on the most complicated and challenging aspects of a given task and to avoid the dissonant feelings that it would cause, it chooses to occupy itself with smaller and more trivial matters.

HOW IT IS APPLIED IN PROCRASTINATION:
In Procrastination, the Zeigarnik effect adds a considerable bonus to the **PROCRASTINATION INDEX** (see rules section for details), greatly increasing that likelihood that the user will procrastinate when trying to work on task that hasn't been started.

SETUP

STEP 1: DECIDE THE AMOUNT OF TIME YOU'D LIKE TO SIMULATE

Procrastination was designed with flexibility in mind. For this reason, the amount of time simulated varies depending on the scenario you would like to play out. On your **Calendar Sheet** fill out the amount of time you would like to simulate. This is done simply by marking the 'start' and 'end' dates for your simulation. If the amount of time you'd like to simulate is less than a day, you may use a **Schedule Sheet** to fill out the 'start' and 'end' hours for your simulation. You may also use multiple **Calendar Sheets** if the time exceeds thirty-one days.

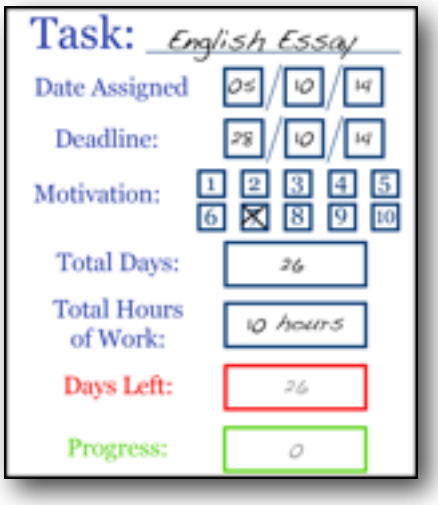


STEP 2: WRITE DOWN THE TASKS THAT NEED TO BE ACCOMPLISHED

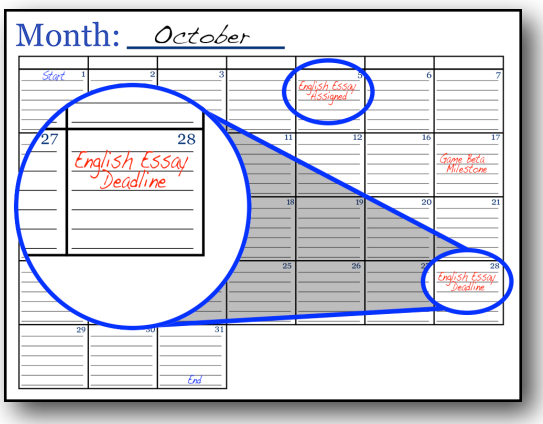
Procrastination consists of having a list of tasks that you simulate trying to accomplish in the given amount of time. These tasks can be anything from school assignments, to organizing your closet, to filling out your tax returns. For each of these tasks, take out a **Task Card** and fill out the following information:

DATE ASSIGNED: The time (date and hour) when the task was assigned. If the task was self-imposed, this would be the date on which you decided/realized that it needed to be done.
DEADLINE: The time (date and hour) when the assignment is done.

MOTIVATION: A number from 1 to 10 which rates how motivated you are to complete the task; where 1 means "I wish I didn't have to do this at all" and 10 means "I can't wait to get started on this".
TOTAL DAYS: The total number of days you have to work on this task. This value is equal to the number of days between the **TIME ASSIGNED** and the deadline.
TOTAL HOURS OF WORK: The amount of time (in hours) that it would take you to complete this task.
DAYS LEFT: The total number of days until the task is due. This value should be updated after each day. **Make sure to fill this out with pencil, as you will be changing it throughout the simulation.**
PROGRESS: How much work has been done so far. This should start at 0 unless some work was done before the start of the simulation (perhaps because the **TIME ASSIGNED** is earlier than the simulation's starting date). **Make sure to fill this out with pencil, as you will be changing it throughout the simulation.**

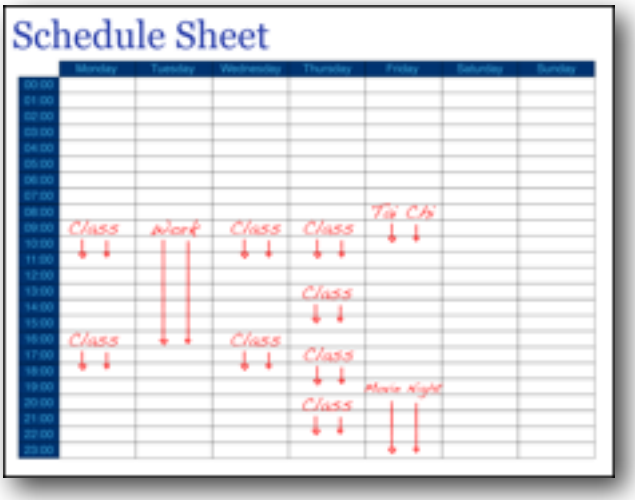


Once these things have been filled out, make sure that you also mark the **TIME ASSIGNED** and **DEADLINE** on your **Calendar Sheet**.



STEP 3: WRITE DOWN THE FIXED COMMITMENTS THAT WILL HAVE TO BE ATTENDED

In Procrastination a **FIXED COMMITMENT** is anything that has a scheduled time and duration and which, generally, must be attended regardless of whether you would prefer to spend that time working on your tasks or procrastinating. Examples of these include classes, work, etc.
Take out a **SCHEDULE SHEET** and add to it each commitment in the relevant time and day slots. If the **FIXED COMMITMENTS** you must attend vary from week to week, you may use as many **Schedule Sheets** as necessary.



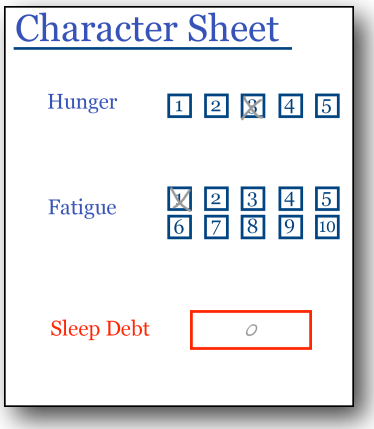
STEP 4: WRITE DOWN THE PLACES WHERE YOU WILL BE WORKING

In Procrastination where you are actually working may greatly affect the outcome of the simulation. For each place where you will work, take out a **Location Card** fill out the following information:
ORDER AND CLEANLINESS: A number from 1 to 5 which rates how the order and cleanliness of this location; where 1 means "the place is impeccable" and 5 means "the place is disgusting".
DISTRACTIONS: The distractions that can be found in this particular location. These may range from people that you can interact with to a television to books. For each distraction write down its **NAME** and it's **DEGREE**.
DEGREE: A distraction's degree is a number from 1 to 3 which rates how likely it is that a given distract you will cause you to abandon your work; where 1 means "Most of the time, I'd rather work than do this" and 3 means "If I so much as look at this I won't be working for the rest of the afternoon".

STEP 5: WRITE DOWN YOUR STATS

On your **CHARACTER SHEET** fill out the following stats (**Make sure that you always write in pencil on this sheet)**:

FATIGUE: A number between 1 and 10 which rates how tired you are; where 1 means not tired at all and 5 means exhausted. If there are no extenuating factors which caused **FATIGUE** before the beginning of the simulation, then this should start at 1. Additionally, it should reset to 1 (unless otherwise stated in the rules) after getting out of bed in the morning.
HUNGER: A number between 1 and 5 which rates how hungry you are; where 1 means "extremely hungry" and 5 means "not hungry at all". This number should start at 3. It should also become a 3 (unless otherwise stated in the rules) after getting out of bed in the morning.
SLEEP DEBT: The number of accumulated hours for which you have been deprived of sleep.



RUNNING THE SIMULATION

OVERVIEW

The objective of Procrastination is to attempt to manage your time effectively in order to accomplish all of the different tasks you have set for yourself. This is done by simulating the different hours of the day and choosing the action that you will be taking during each one. Then, depending on a number of outside factors, you determine whether you successfully chose to begin performing that action.

TURN STRUCTURE

In Procrastination, each turn is an hour of the simulation. On Every turn you will have to:

1. **BEGINNING OF THE TURN**
   Check your schedule sheet to see whether you have any fixed commitments this hour. If so, move on to the next available hour.
2. **ACTION:**
   Decide which action you want to take.
3. **PROCRASTINATION INDEX:**
   Calculate the **PROCRASTINATION INDEX** by adding all of the stats that affect it. This value represents how likely you are to procrastinate.
4. **DETERMINATION ROLL:**
   Roll your die and add any bonuses or penalties to it to in order to calculate the value of your **DETERMINATION ROLL**. This value represents how determined you are to work.
5. **DETERMINE SUCCESS**
   Determine whether you successfully forced yourself to work by comparing the PROCRASTINATION INDEX and DETERMINATION ROLL values.
6. **PROGRESS**
   On your schedule sheet, in the current hour, write down what your action was for this turn.
7. **UPDATE FATIGUE**
8. **UPDATE HUNGER**

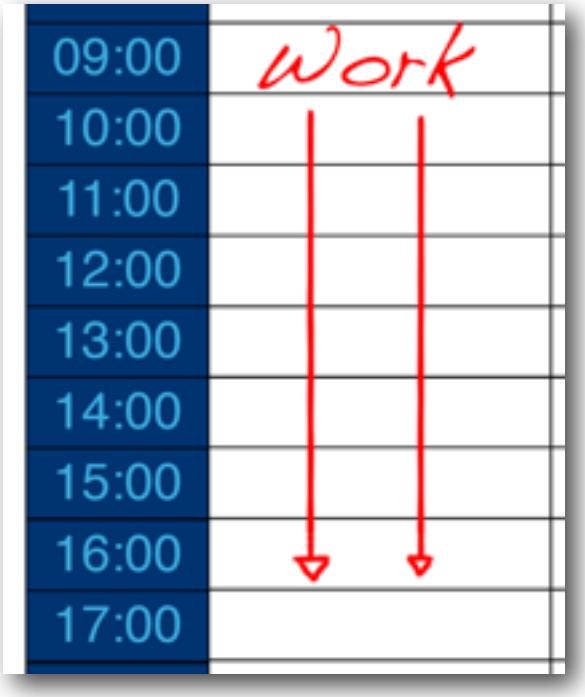
Each of these steps is explained in further detail below.

1. BEGINNING OF THE TURN

FIXED COMMITMENTS: Fixed commitments, which you filled out in your schedule sheet at the beginning, are commitments which you are unable to skip. What these commitments actually are varies greatly from person to person, they can be classes, work, standing coffee dates, and so on. Procrastination assumes that these cannot be skipped.

At the beginning of your turn, if there are any fixed commitments during this hour, skip to the next turn.

For example:



*In this case, you would be unable to perform any actions during the hours from **09:00 to 16:00** so these turns would be skipped. Then, at **17:00** you would be able to take your turn normally.*

2. ACTION

The likelihood of successfully performing an action depends heavily on the action that you select. There are two kinds of actions that you can choose to take:

NON-TASK ACTIONS: Non-task actions are those that aren't written on any of your **TASK CARDS**. Attempting these actions is automatically successful and causes it to become the action

taken on that particular hour. These actions are **EATING** and **SLEEPING**.

TASK ACTIONS: Task actions are those in which you attempt to work on one of the tasks you set out to accomplish. In order to determine whether you are successful, you must calculate the **PROCRASTINATION INDEX** and then roll to see if you succeeded at getting to work or whether you will be procrastinating during that hour.

Example 1:
*At **14:00** you decide to **EAT**. Since this is a **NON-TASK** action, you simply write down **EATING** as your action for this turn.*

Example 2:
*At **14:00** you decide to try to work on your **English Essay**. Since this is a **TASK** action, you would have to continue with the turn to determine whether you successfully forced yourself to work.*

3. PROCRASTINATION INDEX (PI)

There are many factors that affect the likelihood of procrastinating. In order to calculate the **PI**, you must **ADD** all of them. These factors are:

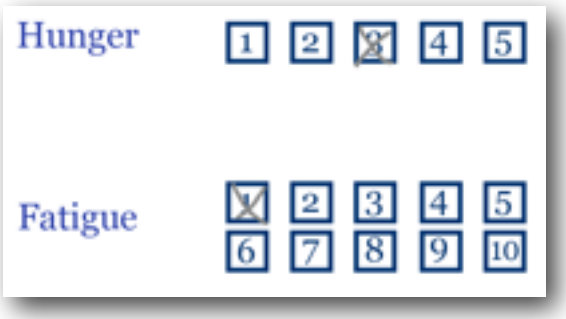
FATIGUE: Found on your character sheet. The more tired you are, the harder it is to work.
HUNGER: Found on your character sheet. The hungrier you are, the harder it is to work.
DISTRACTION DEGREE (DD): Found on your location sheet. You must add the **DD** for **each** of the **DISTRACTIONS** in the location where you are working.
BROKEN WINDOWS THEORY: Add the **ORDER AND CLEANLINESS** value from the current place you are in to the **PI**.
ZEIGARNIK EFFECT: If the action that you are attempting has not been started yet, (**PROGRESS = 0**) then add an additional **10** to **PI**.

*In the previous point we used the example of working on your English Essay. Let's calculate the **PROCRASTINATION INDEX** for that situation:*

1. START:
*We start with a **PI** of 0.*

$$PI = 0$$

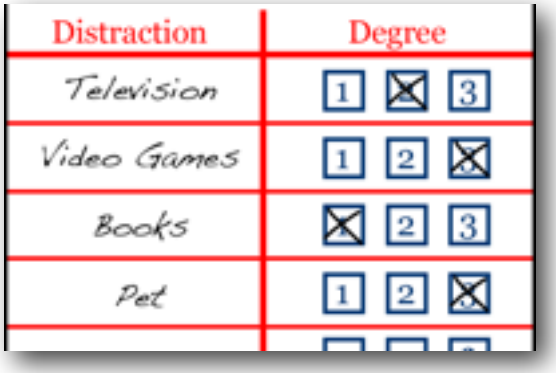
2. FATIGUE AND HUNGER:
*To determine these values we need to take a look at our **CHARACTER SHEET**:*



*Here we see that the values for our **FATIGUE** and **HUNGER** are **3** and **1**, respectively, so we simply add those to our current **PI**.*

$$0 + 3 + 1 = 4$$
$$PI = 4$$

3. DISTRACTION DEGREE:
*The **DISTRACTION DEGREE (DD)** is the potential that a particular distraction has to cause you to procrastinate. Since distractions depend on the location, we'll have to take a look at our **LOCATION CARD**. Let's say that we are working at the "**My Apartment**" location:*



The distractions found in this location are:

- *Television (**DD = 2**)*
- *Video Games (**DD = 3**)*
- *Books (**DD = 1**)*
- *Pet (**DD = 3**)*

*We simply add each of those to our current **PI**.*

4 + 2 + 3 + 1 + 3 = 13
PI = 13

4. BROKEN WINDOWS THEORY:
*As we learned in the Background section, **BROKEN WINDOWS** theory shows us that the state of the environment in which we are affects our own state of mind. In other words, the messier the place, the more likely we are to procrastinate. So let's take a look at our **LOCATION CARD** again*

*Here we we see that the **ORDER AND CLEANLINESS VALUE** is **2** so we just add it to our current **PI**.*

13 + 2 = 15
PI = 15

5. ZEIGARNIK EFFECT:
*As we saw in the Background section, the **ZEIGARNIK EFFECT** is the uneasiness that our brain feels about incomplete tasks and which often prevents us from starting complex tasks altogether in an attempt to avoid that feeling. In other words, it's harder to force ourselves to work on tasks that we haven't started.*
*Let's take a look at our **TASK CARD**:*

*In this case, we see that the task hasn't been started yet, so we need to add **10** to our current **PI**.*

14 + 10 = 24
PI = 24

*So after inputting all of those numbers we find that the **PI** is **24** for this situation.*

4. DETERMINATION ROLL

Once you have calculated the **PI**, you must roll to determine whether you are able to successfully get to work. Roll 1d20 to determine your **DETERMINATION ROLL**.

MODIFIERS TO DETERMINATION ROLL

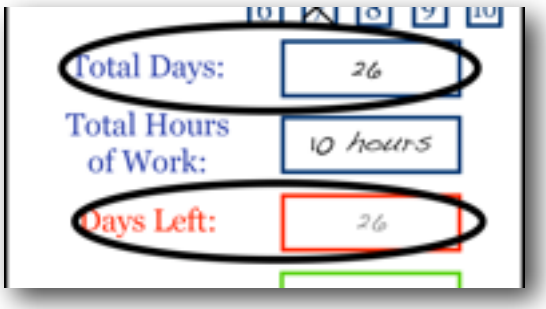
Your **DETERMINATION ROLL (DR)** gets certain bonuses depending on the situation. The bonuses are:
PRESSURE BONUS: How pressured you feel by the deadline. This bonus is equal to the **TOTAL WORK TIME** (found on the **Task Card**) divided by the **DAYS UNTIL DEADLINE** (found on the **Task Card**) rounded **down**.
MOTIVATION BONUS: How motivated you feel by the task you are working on. This bonus is equal to the **MOTIVATION STAT** found on the **Task Card**.
MOMENTUM BONUS: Add 5 to your **DETERMINATION ROLL** if your action for the last hour was working on this task.
MOMENTUM PENALTY: Subtract 5 from your **DETERMINATION ROLL** if your action for the last hour was one of the distractions on the **Location Sheet.**

*Let's continue our previous example. But this time let's calculate the modifiers to the **DETERMINATION ROLL.***

1. ROLL A TWENTY-SIDED DIE (D20)
*Since you (presumably) already now how to roll a die we can skip this explanation. Let's say the we roll our d20 and get a **6**.*

DR = 6

2. PRESSURE BONUS
*The **PRESSURE BONUS** comes from the natural pressure that we feel as a deadline approaches; this pressure makes it easier (out of necessity) to force ourselves to work on a particular task. In other words, the closer the deadline is to us, the easier it is to work on the assignment. To check the number of remaining days, let's check our **TASK CARD**:*



*So here we see that the **TOTAL DAYS** we originally had for this task were **26** and there are **26** of those days left.*

TOTAL DAYS = 26
DAYS LEFT = 26

So all we need to do is divide the total days by the days left:

TOTAL DAYS / DAYS LEFT
26 / 26 = 1

*And add that result to our **DR**:*

6 + 1 = 7
DR = 7

But that example isn't particularly interesting so let's fast-forward a few days; lets's say 10:

TOTAL DAYS = 26
DAYS LEFT = 16

*So again, we divide the **TOTAL DAYS** by the **DAYS LEFT**:*

26 / 16 = 1.625

*Since this time we didn't get a nice little integer, we'll need to **round down***

1.625 ≃ 1

*And, same as before, we add that result to our **DR**:*

6 + 1 = 7
DR = 7

3. MOTIVATION BONUS:
*The **MOTIVATION BONUS** is how motivated you feel to work on a particular task; a motivation which makes you less likely to procrastinate. Since our **MOTIVATION** depends on the task that we are working on, let's take a look at our **TASK CARD**:*

*On our **TASK CARD** we can see how our motivation to work on our English Essay is **7** so all we need to do is add that to our **DR**.*

7 + 7 = 14
DR = 14

***4. MOMENTUM**:*
*In this context, **MOMENTUM** refers to how you are more likely to continue doing your last action rather than starting a new one. In other words, if you were already working on the task then it is easier to continue working on it. Likewise, if you were doing anything else it is harder to start working on the task.*
*Since our **MOMENTUM** is based on the actions we take, let's take a look at our **SCHEDULE SHEET**:*

*So in this example, we are trying to work on our English Essay at **14:00**.*

The first thing we do is compare the previous action to the action that we are trying to perform. In this case, they are clearly different.

Television ≠ English Essay

*Since they are different, we get a **MOMENTUM PENALTY** which means that we subtract **5** from our current **DR**.*

14 - 5 = 9
DR = 9

*And that is how we get our **DETERMINATION ROLL**. In this case, it's **9**.*

5. DETERMINE SUCCESS

Once you have calculated the **PROCRASTINATION INDEX** and added all the modifiers to the **DETERMINATION ROLL**, you must determine your success by comparing the two.

SUCCESS: If the **DETERMINATION ROLL** is **greater**, then the action for this hour becomes the task that was being attempted.

FAILURE: If the **DETERMINATION ROLL** is **smaller or equal**, then the you must choose the action for this hour from any of the non-task actions.

*So now, we take our **PROCRASTINATION INDEX** and **DETERMINATION ROLL**, which we just calculated, and compare the two.*

9 < 24
DR < PI

*In this case, the **PI** **(24)** was much greater than the **DR** **(9)**, which means that we weren't successful and will procrastinate this turn.*

6. PROGRESS

Every time you successfully work on a task, you must:

1. Add 1 to its **PROGRESS** (found on the **task card**)
2. Add 1 to **FATIGUE** (found on the **Character Sheet**)

For example:

1. PROGRESS

The first thing we do is look at our character sheet:

*If we successfully worked on this **TASK**, we add **1** to our **PROGRESS**:*

2. FATIGUE

Then, we look at our character sheet:

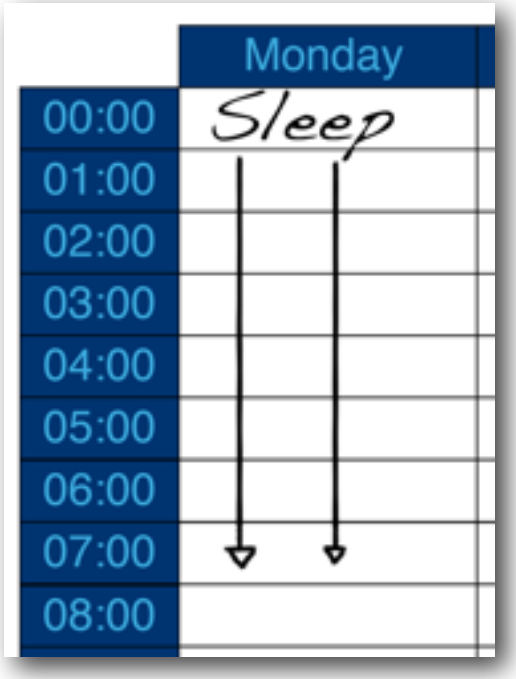
*Then, we add **1** to our **FATIGUE**:*

7. UPDATE FATIGUE

There is a static increase of the fatigue value in addition to the increases caused by the task actions.

INCREASING FATIGUE: From the moment that the you wake up (when your previous action was sleep and you current action isn't), you must **add 1** to your fatigue every three hours.

Take the following case as an example:



*In example, the first action takes place at **8:00**. So we would have to increase our **FATIGUE** at **11:00***

*And again at **14:00***

8. UPDATE HUNGER

Every morning, before taking your first action, you must reset your **HUNGER** to 3.

HUNGER: Your hunger stat should increase by 1 every hour.

FORCED TO EAT: Every time that you attempt to perform a task action and fail, if the **HUNGER** value is greater than or equal to 3 then you must:

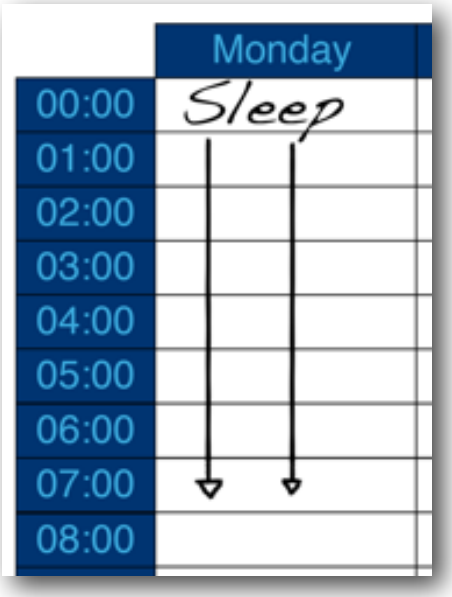
1. Roll a d6.
2. If the result of the roll is less than or equal to the current **HUNGER** value, then the next action must be **EATING**.

This means that you were so hungry that you have chosen to eat instead of continuing to work.

EATING: The action of eating lasts an hour and decreases you **HUNGER** value to 1.

Let's use the same example as before.

1. INCREASING HUNGER



*Since we just woke up from sleeping, our **HUNGER** was set to **3***

*Assuming that the first action we take isn't eating, our hunger would increase every hour. So at **9:00** it would become **4***

*And at **10:00** it would become **5**.*

2. FORCED TO EAT:

*Whenever you fail to work on a task, if your **HUNGER** is **3** or more, you have to roll to determine whether you have to eat instead of procrastinating in some other way.*

You start by rolling a die. For the purposes of this example, let's pretend that we rolled a 3.

d6 = 3

*Then, we compare that value to our own **HUNGER**:*

d6 ? HUNGER
3 ? 3
3 ≤ 3

*In this case, our **HUNGER** is equal to the number we rolled, so we would have to spend our action for this turn on eating.*

SLEEP

Sleep is a crucial part of Procrastination and much of your success will depend on how well you are able to manage your sleep cycle in order to be well rested and avoid acquiring too much **SLEEP DEBT**.

FALLING ASLEEP: Every time that you attempt to perform a task action and fail, if the **FATIGUE** value is greater than 5 you must:

1. Roll a d10.
2. If the result of the roll is greater than or equal to the current **FATIGUE** value, then the next action must be **SLEEP**.

This means that you were so tired that you have chosen to sleep instead of continuing to work.

Example:

This is determined similarly to the previous example.

*We begin by looking at our **CHARACTER SHEET** to see what our current **FATIGUE** is.*

*Then we roll a ten-sided die; let's assume that we rolled a **7**.*

d10 ? FATIGUE
7 ? 6
7 ≥ 6

*In this case, since our **FATIGUE** wasn't equal to or greater than our roll, we would be able to procrastinate in some other way.*

REMAINING ASLEEP: Once you have fallen asleep, you no longer choose your actions for the following hours until you choose to wake up again. If there are any fixed commitments, then you must wake up to go to them.

RECOVERING FROM FATIGUE: Sleeping will allow you to recover from **FATIGUE**. The amount of sleep required for an adult is 7-9 hours. How much **FATIGUE** you recover will depend on the amount of sleep you got.

SLEEP DEBT: If you sleep for less than 7 hours, you begin to accumulate **SLEEP DEBT**. This affects your following sleep cycles by causing sleep to recover from **FATIGUE** less effectively.
Every time that you sleep, if the value of **SLEEP DEBT** isn't 0, you decrease your **FATIGUE** less according to the **SLEEP DEBT** value on your character sheet. *For example: if your **SLEEP DEBT** value is 2, and you sleep for seven hours then instead of decreasing your **FATIGUE** to 0, it would be decreased to 2.*

The effects of sleep are listed below by number of hours:

LESS THAN 7 HOURS: Sleeping less than seven hours will decrease your **FATIGUE** to the number of hours fewer than seven that you slept instead of decreasing it zero and will gain you **SLEEP DEBT** equal to that number as well. *For example: if you sleep 5 hours, your **FATIGUE** value will decrease to 2 (because 7 - 5 = 2) and your **SLEEP DEBT** value will increase by two.*
7 HOURS: Sleeping seven hours will return your **FATIGUE** to zero, assuming that there is no **SLEEP DEBT** .
MORE THAN 7 HOURS: sleeping more than seven hours will allow you to recover from that much **SLEEP DEBT**. That is, if you sleep for 8 hours instead of 7 then you will be able to recover from up to one hour of sleep debt, similarly, sleeping 9 hours instead of seven will allow you to recover from up to 2 hours of sleep debt.

CLEANING & ORDERING

Spending your actions on cleaning will allow you to decrease the value of the current location's **ORDER AND CLEANLINESS** stat. How much the value is decreased will be determined as follows:
For every two hours spent on **CLEANING & ORDERING** the location, you will improve its **ORDER & CLEANLINESS RATING** by 1. and will increase your **FATIGUE** value by 2.
*For example, if the location had an **ORDER & CLEANLINESS** value of 2 and you had a **FATIGUE** of 5 and you spent two hours **CLEANING & ORDERING** it then its **ORDER & CLEANLINESS** value will decrease to 2 and your own **FATIGUE** will increase to 7.*

UPDATING THE PARAMETERS AND TWEAKING THE SIMULATION

One of the main goals of Procrastination is to be as flexible as possible in order to allow you as much freedom as you like to change the simulation and truly make it your own. Some ways in which you may want to do this are:

1. MOVING DEADLINES:

In real life, the deadlines that we are given to complete a task, are subject to change. To get the most out of your simulation, you could look at what happens when a deadline gets pushed back; do you take advantage of that time or does that make you more likely to procrastinate? On the other hand, you could look at what happens when a deadline gets moved up, do you still have time to finish?

2. SPONTANEOUSLY ADDING FIXED COMMITMENTS:

In our daily lives, we often end up being unable to work because of fixed commitments that we hadn't expected. the phrase "Something came up" is one that is commonplace in almost any discussion about why a particular task didn't get done. To expand your simulation, you might like to add more of these so that you can look at what happens when these fixed commitments appear in the slots of your schedule during which you were planning to get some work done.

3. ADDING MORE TASKS DURING THE SIMULATION

In Procrastination, we set up the simulation by laying out our tasks for the period of time that is being simulated. Depending on you occupation, this can feel a bit unrealistic, since many of us often receive new tasks even as we are working on the old ones and there is nothing we can do about it. Feel free to add more tasks after starting the simulation. Look at the effect these have on how much time you spend procrastinating and on the tactics you adopt to try to get the work done. Do you to work on all of them at once or do you try to get each one out of the way? Think about the Zeigarnik effect; does having so many un-started tasks, increase the amount of time that you spend procrastinating?