



Are you a night owl or an early bird?

Our bodies have an internal clock, called the circadian rhythm, that tells us when it is the best time for us to sleep, wake up, eat, do exercise, learn and a number of other things. Not everyone's body clock is the same. Some people feel their best in the morning, while other people feel their best at night. Some people can go to sleep easily early in the evening, while other people have trouble going to sleep before midnight.

Understanding your body clock will help you to understand what times of the day you are more productive and what times are the best for you to sleep.

Instructions

- Read each question carefully.
- Answer each question as honestly as possible. Do not go back and check your answers. Your first response is usually the most accurate.
- Answer ALL questions.

Questions

1. What time would you get up if you were entirely free to plan your day?

Time	Score (please circle)
5:00-6:29am	5
6:30-7:44am	4
7:45-9:44am	3
9:45-10:59am	2
11:00-11:59am	1
Midday-5:00am	0

2. What time would you go to bed if you were entirely free to plan your evening?

Time	Score (please circle)
8:00-8:59pm	5
9:00-10:14pm	4
10:15pm-12:29am	3
12:30-1:44am	2
1:45-2:59am	1



3:00am-8:00pm

0

- 3. If there is a specific time that you must get up by in the morning, how much do you depend on being (need to be) woken up by an alarm?**

	Score (please circle)
Not at all dependent	4
Slightly dependent	3
Fairly dependent	2
Very dependent	1

- 4. How easy do you find it to get up in the morning (when you are not woken up unexpectedly)?**

	Score (please circle)
Not at all easy	1
Not very easy	2
Fairly easy	3
Very easy	4

- 5. How alert do you feel for the first half-hour after you wake up in the morning?**

	Score (please circle)
Not at all alert	1
Slightly alert	2
Fairly alert	3
Very alert	4

- 6. How hungry do you feel for the first half-hour after you wake up in the morning?**

	Score (please circle)
Not at all hungry	1



Slightly hungry	2
Fairly hungry	3
Very hungry	4

7. During the first half-hour after you wake up in the morning, how tired do you feel?

	Score (please circle)
Very tired	1
Fairly tired	2
Fairly refreshed	3
Very refreshed	4

8. If you have no commitments the next day, what time would you go to bed compared to your usual bedtime?

	Score (please circle)
Rarely or never later than usual	4
Less than one hour later than usual	3
1-2 hours later than usual	2
More than two hours later than usual	1

9. You have decided to do some physical exercise. A friend suggests that you do this for 1-hour twice a week and the best time for them is between 7:00 – 8:00 am. Thinking only about your own internal “clock”, , how do you think you would perform?

	Score (please circle)
Would be in good form (very good)	4
Would be in reasonable form (reasonably good)	3
Would find it difficult (poorly)	2
Would find it very difficult (very poorly)	1



10. At what time of day do you feel you start to become tired because you need to sleep?

Time	Score (please circle)
8:00-8:59pm	5
9:00-10:14pm	4
10:15pm-12:44am	3
12:45-1:59am	2
2:00-3:00am	1

11. You want to be at your best performance for a test that you know is going to be mentally exhausting and will last for two hours. Considering only your own internal “clock”, which ONE of the four testing times would you choose?

Time	Score (please circle)
8:00-10:00am	4
11:00am-1:00pm	3
3:00-5:00pm	2
7:00-9:00pm	1

12. If you got into bed at 11:00pm, how tired would you be?

	Score (please circle)
Not at all tired	1
A little tired	2
Fairly tired	3
Very tired	4

13. For some reason, you have gone to bed several hours later than usual, but you don't need to get up at any specific time the next morning. Which ONE of the following are you most likely to do?

	Score (please circle)
--	-----------------------



Will wake up at usual time, but will NOT fall back asleep	4
Will wake up at usual time and will doze thereafter	3
Will wake up at usual time but will fall asleep again	2
Will NOT wake up until later than usual	1

14. One night you have to remain awake between 4:00 – 6:00 am. You have no commitments the next day. Which ONE of the alternatives will suite you best?

	Score (please circle)
Would NOT go to bed until after 6am	1
Would take a nap before and sleep after	2
Would take a good sleep before and nap after	3
Would sleep only before 4am	4

15. You have to do two hours of hard physical work. You are free to plan your day. Thinking only about your own internal “clock” which ONE of the following times would you choose?

Time	Score (please circle)
8:00-10:00am	4
11:00am-1:00pm	3
3:00-5:00pm	2
7:00-9:00pm	1

16. You have decided to do some hard physical exercise. A friend suggests that you do this for 1-hour twice a week and the best time for him/her is between 10:00 – 11:00 pm. Thinking about nothing else but your own internal “clock”, how well do you think you would perform?

	Score (please circle)
Would be in good form (very good)	4
Would be in reasonable form (reasonably good)	3
Would find it difficult (poorly)	2



Would find it very difficult (very poor) 1

17. Imagine that you could choose your own school hours. Assume that you went to school for five hours each day and that school was interesting and enjoyable. Which time would you select?

	Score (please circle)
5 hours starting between 4:00-7:59am	5
5 hours starting between 8:00-8:59am	4
5 hours starting between 9:00am-1:59pm	3
5 hours starting between 2:00-4:59pm	2
5 hours starting between 5:00pm-3:59am	1

18. What time of day do you think that you reach your “feeling the best” peak?

Time	Score (please circle)
5:00-7:59am	5
8:00-9:59am	4
10:00am-4:59pm	3
5:00-9:59pm	2
10:00pm-4:59am	1

19. There can be “morning” and “evening” types of people. Which ONE of these types do you consider yourself to be?

	Score (please circle)
Definitely a “morning” type	6
Rather more a “morning” type than an “evening” type	4
Rather more an “evening” type than a “morning” type	2
Definitely an “evening” type	0

Scoring



Add up the score for all 19 questions and enter it in the box below:

Scores can range from 16-86. Scores of 41 and below indicate “evening types”. Scores of 59 and above indicate “morning types”. Scores between 42 and 58 indicate “intermediate types”.

16-30	31-41	42-58	59-69	70-86
Definite Evening	Moderate Evening	Intermediate	Moderate Morning	Definite Morning

For more information on training your body clock go to:

<https://www.sleephealthfoundation.org.au/sleep-disorders/delayed-sleep-wake-phase-disorder-dswpd>