

What is your chronotype: lark, owl or hummingbird?



1. If you were entirely free to plan your evening and had no commitments the next day, at what time would you choose to go to bed?

- a. 8:00 p.m. - 9:00 p.m. 5 points
- b. 9:00 p.m. - 10:15 p.m. 4 points
- c. 10:15 p.m. - 12:30 a.m. 3 points
- d. 12:30 a.m. - 1:45 a.m. 2 points
- e. 1:45 a.m. - 3:00 a.m. 1 point

Your score

2. You have to do 2 hours physically hard work. If you were entirely free to plan your day, in which of the following periods would you choose to do the work?

- a. 8:00 a.m. - 10:00 a.m. ... 4 points
- b. 11:00 a.m. - 1:00 p.m. ... 3 points
- c. 3:00 p.m. - 5:00 p.m. 2 points
- d. 7:00 p.m. - 9:00 pm. 1 point

Your score

3. For some reason you have gone to bed several hours later than normal, but there is no need to get up at a particular time the next morning. Which of the following is most likely to occur?

- a. Will wake up at the usual time and not fall asleep again ... 4 points
- b. Will wake up at the usual time and doze thereafter 3 points
- c. Will wake up at the usual time but will fall asleep again ... 2 points
- d. Will not wake up until later than usual 1 point

Your score

4. You have a 2 hour test to take which you know will be mentally exhausting. If you were entirely free to choose, in which of the following periods would you choose to take the test?

- a. 8:00 a.m. - 10:00 a.m. 4 points
- b. 11:00 a.m. - 1:00 pm 3 points
- c. 3:00 p.m. - 5:00 p.m. 2 points
- d. 7:00 p.m. - 9:00 p.m. 1 point

Your score