

5. If you had no commitments the next day and were entirely free to plan your own day, what time would you get up?

- a. 5:00 a.m. - 6:30 a.m. 5 points
- b. 6:30 a.m. - 7:45 a.m. 4 points
- c. 7:45 a.m. - 9:45 a.m. 3 points
- d. 9:45 a.m. - 11:00 a.m. 2 points
- e. 11:00 a.m. - 12:00 a.m. ... 1 point

Your score

6. Friends have asked you to join them twice a week for a workout in the gym. The best time for them is between 10 p.m. - 11 p.m. Bearing nothing else in mind other than how you normally feel in the evening, how do you think you would perform?

- a. Very well 1 points
- b. Reasonably well 2 points
- c. Poorly 3 points
- d. Very poorly 4 points

Your score

7. One hears about 'morning' and 'evening' types of people. Which of these types do you consider yourself to be ?

- a. Definitely morning type 6 points
- b. More a morning than an evening type 4 points
- c. More an evening than a morning type 2 points
- d. Definitely an evening type 0 point

Your score

Now add the scores together to get your total and compare your total score with the table below to get an idea of your chronotype:

- a. Definitely morning lark 32 - 28 points
- b. Moderately morning lark 27 - 23 points
- c. Hummingbird 22 - 16 points
- d. Moderately evening owl 15 - 11 points
- e. Definitely evening owl 10 - 6 points

Total

