

MORNINGNESS-EVENINGNESS QUESTIONNAIRE

According to Daniel H. Pink, the author of "When: The Scientific Secrets of Perfect Timing," there's research to show that your productivity patterns are not unusual. In fact, how you feel throughout the day can be somewhat predictable. If you pay attention to the right details and biological rhythms – or chronotypes. To discover your chronotype (lark, owl or third bird), complete the Horne-Ostberg Morningness-Eveningness Questionnaire. This assessment will take about five minutes to complete.

NAME: _____

DATE: _____

SELECT THE ANSWER THAT BEST DESCRIBES YOU IN RECENT WEEKS AND INDICATE EACH SCORE IN THE RIGHT COLUMN

SCORE

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

- [5] 5-6:30 a.m.
- [4] 6:30-7:45 a.m.
- [3] 7:45-9:45 a.m.
- [2] 9:45-11 a.m.
- [1] 11 a.m.- Noon

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

- [5] 8-9 p.m.
- [4] 9-10:15 p.m.
- [3] 10:15 p.m.- 12:30 a.m.
- [2] 12:30-1:45 a.m.
- [1] 1:45-3 a.m.

3. *If you usually have to get up at a specific time in the morning, how much do you depend on an alarm clock?*

- [4] Not at all
- [3] Slightly
- [2] Somewhat
- [1] Very much

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

- [1] Very difficult
- [2] Somewhat difficult
- [3] Fairly easy
- [4] Very easy

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

- [1] Not at all alert
- [2] Slightly alert
- [3] Fairly alert
- [4] Very alert

6. *How hungry do you feel during the first half hour after you wake up?*

- [1] Not at all hungry
- [2] Slightly hungry
- [3] Fairly hungry
- [4] Very hungry

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

- [1] Very tired
- [2] Fairly tired
- [3] Fairly refreshed
- [4] Very refreshed

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

- [4] Seldom or never later
- [3] Less than 1 hour later
- [2] 1-2 hours later
- [1] More than 2 hours later

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SCORE

9. *You have decided to do physical exercise. A friend suggests that you do this for one hour twice a week, and the best time for this is from 7-8 a.m. Bearing in mind nothing but your own internal "clock," how do you think you would perform?*

- [4] Would be in good form
- [3] Would be in reasonable form
- [2] Would find it difficult
- [1] Would find it very difficult

10. *At approximately what time in the evening do you feel tired, and as a result, in need of sleep?*

- [5] 8-9 p.m.
- [4] 9-10:15 p.m.
- [3] 10:15 p.m.- 12:45 a.m.
- [2] 12:45-2 a.m.
- [1] 2-3 a.m.

11. *You want to be at your peak performance for a test that you know is going to be mentally exhausting and will last two hours. You are entirely free to plan your day. Considering only your internal "clock," which one of the four testing times would you choose?*

- [6] 8-10 a.m.
- [4] 11 a.m.- 1 p.m.
- [2] 3-5 p.m.
- [0] 7-9 p.m.

12. *If you got into bed at 11 p.m., how tired would you be?*

- [0] Not at all tired
- [2] A little tired
- [3] Fairly tired
- [5] Very tired

13. *For some reason you have gone to bed several hours later than usual, but there is no need to get up at any particular time the next morning. Which one of the following are you most likely to do?*

- [4] Will wake up at usual time but will not fall back asleep
- [3] Will wake up at usual time and will doze thereafter
- [2] Will wake up at usual time but will fall asleep again
- [1] Will not wake up until later than usual

14. *One night you have to remain awake from 4-6 a.m. in order to carry out a night watch. You have no time commitments the next day. Which of the following alternatives would suit you best?*

- [1] Would not go to bed until the watch is over
- [2] Would take a nap before and sleep after
- [3] Would sleep before and nap after
- [4] Would sleep only before the watch

15. *You have two hours of hard physical work to do. You are entirely free to plan your day. Considering your own internal "clock" which of the following times would you choose?*

- [4] 8-10 a.m.
- [3] 11 a.m.- 1 p.m.
- [2] 3-5 p.m.
- [1] 7-9 p.m.

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SELECT THE ANSWER THAT BEST DESCRIBES YOU IN RECENT WEEKS AND INDICATE EACH SCORE IN THE RIGHT COLUMN

SCORE

16. You have decided to do physical exercise. A friend suggests that you do this for one hour twice a week, and the best time for them is from 10-11 p.m. Bearing in mind nothing but your own internal "clock," how do you think you would perform?

- [1] Would be in good form
- [2] Would be in reasonable form
- [3] Would find it difficult
- [4] Would find it very difficult

17. Suppose you can choose your own work hours. Assume that you work a five-hour day (including breaks), your job is interesting, and you are paid based on your performance. At approximately what time would you choose to begin?

- [5] 5 hours starting between 4-8 a.m.
- [4] 5 hours starting between 8-9 a.m.
- [3] 5 hours starting between 9 a.m.- 2 p.m.
- [2] 5 hours starting between 2-5 p.m.
- [1] 5 hours starting between 5 p.m.- 4 a.m.

18. At approximately what time of day do you usually feel your best?

- [5] 5-8 a.m.
- [4] 8-10 a.m.
- [3] 10 a.m.- 5 p.m.
- [2] 5-10 p.m.
- [1] 10 p.m.- 5 a.m.

19. One hears about "morning types" and "evening types." Which one of these types do you consider yourself to be?


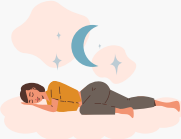




- [6] Definitely a morning type
- [4] Rather more a morning type than an evening type
- [2] Rather more an evening type than a morning type
- [1] Definitely an evening type

TOTAL SCORE:

MORNING EVENINGNESS QUESTIONNAIRE RESULTS

Based on your morning-eveningness questionnaire score, circle your chronotype (lark, third bird or owl). During the training, you will discuss certain times of day to complete particular activities. Take note of the times it would be best to complete the following activities.

INTERPRETING AND USING YOUR MORNINGNESS-EVENINGNESS SCORE TO OPTIMIZE PRODUCTIVITY THROUGHOUT YOUR DAY :

SCORE	86-70 DEFINITE MORNING	69-59 MODERATE MORNING	58-42 INTERMEDIATE	41-31 MODERATE EVENING	30-16 DEFINITE EVENING
CHRONOTYPE	LARK		THIRD BIRD	OWL	
 EXERCISE					
 NAPPUCCINO					
 HIGH RISK TASKS					
 LOW RISK TASKS					
 MAKING AN IMPRESSION					
 MAKING A DECISION					