

Earlybird or Owl

find out if you are an Earlybird or an Owl



1 Wake up: Considering only your own “feeling best” rhythm, at what time would you get up if you were entirely free to plan your day?

- A. 5am - 6:30am B. 6:30am to 7:45am C. 7:45am - 9:45am
 D. 9:45am - 11am E. 11am - 12pm

2 Assuming adequate environmental conditions and in general, do you find it easy to get up in the morning?

- A. Definitely yes B. Yes C. Uncertain
 D. No E. Definitely no

3 If there is a specific time at which you have to get up in the morning, to what extent are you dependant on being woken up by an alarm clock?

- A. Not at all dependent B. Slightly dependent C. Fairly dependent
 D. Completely dependent

4 Early and at the same time I wake up during the weekWhat time do you wake up during the weekends?

- A. Early and at the same time I wake up during the week
 B. I'll have an hour or two lie-in but I won't wake up much later than usual
 C. On weekends I catch up on my sleep, so I probably won't get up until after 10am

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

- A. Very tired B. Fairly tired C. Fairly refreshed
 D. Very refreshed