

Which sleep chronotype describes you?

Bear

Most people fall into the bear chronotype category. Bears' sleep-wake patterns follow the sun, and they have no difficulty sleeping. Bears are most ready for intense tasks smack in the middle of the morning, and they feel a dip in the mid-afternoon.

Overall, bears have steady energy and get things done. They can maintain productivity all day as long as they don't try to push past the mid-afternoon recharge period. Bears tend to be friendly people-people.

Lion

Lions wake up early. These are the go-getters, the leaders, the type-A movers and shakers. They might not reach for a cup of coffee until a little before lunch, and their most productive hours have already passed by that time. Because of their action-packed mornings, they tend to fizzle out in the evening and turn in early.

Wolf

Wolves are on the nocturnal end of the spectrum. They get a later start to their day and ride the productivity wave while the rest of the world winds down. Interestingly, wolves have two peak periods: from noon to 2 pm and again just as most of the working world is clocking out.

Wolves tend to be makers — writers, artists, coders. The creative areas of the wolf's brain light up when the sun goes down. More often than not, wolf types tend toward introversion and crave their alone time.

The wolf chronotype schedules later meetings and invites you to dinner just past the restaurant's dinner rush.

Dolphin

Dolphins may or may not have a regular sleep routine. As light sleepers, they frequently wake throughout the night and often do not sleep enough. Dolphins struggle to fall asleep, ruminating over the day's failures.

Dolphins' extreme intelligence and tendency toward perfectionism probably explain why they spend so much time chewing over the day. They do their best work from mid-morning through early afternoon.