

1. If you were free to plan your evening and had no commitments the next day, 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

2. You have to do 2 hours of physically hard work. If you were free to plan your day, during which of the following time 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

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

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

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

5. If you had no commitments and were free to plan your 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

6. A friend has asked you to join him twice a week for a workout in the gym. The best time for him 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 well1 points
- b. Reasonably well ... 2 points
- c. Poorly 3 points
- d. Very poorly 4 points

7. Do you consider yourself to be a 'morning' or 'evening' type?

- 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 points

To identify your chronotype and best time to work out, add your scores together to get your total and compare your total score with the table below:

Definitely morning type 32 - 28 points

Moderately morning type ... 27 - 23 points

Neither type 22 - 16 points

Moderately evening type ... 15 - 11 points

Definitely evening type 10 - 6 points