



Self-Assessment Questionnaire

Are You A Lark Or An Owl?

Our bodies work on a 24 hour pattern called a circadian rhythm. Our patterns vary slightly and this results in 40% of us being morning types or larks. Another 30% of us are evening types or owls. The remaining 30% lies between the two types or chronotypes with a general trend in leaning towards being an owl.

If you're taking on shift work and driving early in the morning or late at night, your chronotype will have a big impact on how easily you can cope with fatigue and consequently how safely you can drive. Use this questionnaire to find out whether you are a lark or an owl. You can then work towards finding the right shift time for you.

For each question, please select the answer that best describes you. Make a note of the number of points (shown in the square brackets) next to your chosen answer and enter the number in the 'Your Answer' box next to the question. The form will add up your scores and give you a result in the 'Total Points' box at the bottom of the form. You can then match your total score to the categories at the bottom of the form to find out if you are a morning or evening person.

1. Approximately what time would you get up if you had no appointments and you were free to choose?

- [1] 11:00 AM–12:00 PM (noon)
- [2] 09:45 AM–11:00 AM
- [3] 07:45 AM–09:45 AM
- [4] 06:30 AM–07:45 AM
- [5] 05:00 AM–06:30 AM

Your Answer

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

- [1] 01:45 AM–03:00 AM
- [2] 12:30 AM–01:45 AM
- [3] 10:15 PM–12:30 AM
- [4] 09:00 PM–10:15 PM
- [5] 08:00 PM–09:00 PM

Your Answer

3. How much do you depend on an alarm clock to wake you up?

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

Your Answer

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

Your Answer



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

Your Answer

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

Your Answer

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

Your Answer

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

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

Your Answer

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

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

Your Answer

10. What time in the evening do you start to feel tired and in need of sleep?

- [1] 02:00 AM–03:00 AM
- [2] 12:45 AM–02:00 AM
- [3] 10:15 PM–12:45 AM
- [4] 09:00 PM–10:15 PM
- [5] 08:00 PM–09:00 PM

Your Answer

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?

- [0] 7 PM–9 PM
- [2] 3 PM–5 PM
- [4] 11 AM–1 PM

Your Answer



12. If you got into bed at 11 PM how tired would you be?

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

Your Answer

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?

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

Your Answer

14. One night you have to remain awake between 4-6 AM in order to carry out a night watch. You have no time commitments the next day. Which one of the 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 take a good sleep before and nap after
- [4] Would sleep only before the watch

Your Answer

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

- [1] 7 PM–9 PM
- [2] 3 PM–5 PM
- [3] 11 AM–1 PM
- [4] 8 AM–10 AM

Your Answer

16. You and a friend have decided to do physical exercise. A friend suggests that you do this for one hour twice a week. The best time for him/her is between 10-11 PM. Bearing in mind only your internal "clock," how well 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

Your Answer

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?

- [1] 5 hours starting between 5 PM–4 AM
- [2] 5 hours starting between 2–5 PM
- [3] 5 hours starting between 9 AM–2 PM
- [4] 5 hours starting between 8–9 AM
- [5] 5 hours starting between 4–8 AM

Your Answer

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

- [1] 10 PM–5 AM
- [2] 5–10 PM
- [3] 10 AM–5 PM
- [4] 8–10 AM
- [5] 5–8 AM

Your Answer

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

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

Your Answer

YOUR RESULT

Your total points for all 19 questions =

Total Points

For those under 35 years of age

Type	Points
Definitely evening type	16-30
Moderately evening type	31-41
Neither type	42-58
Moderately morning type	59-69
Definitely morning type	70-86

For those 35 years of age or over

Type	Points
Definitely evening type	16-46
Moderately evening type	47-52
Neither type	53-64
Moderately morning type	65-69
Definitely morning type	70-86

Reference

This test is based on the test in “A self-assessment questionnaire to determine morningness – eveningness in human circadian rhythms” by JA Horne & O Ostberg, - International Journal of Chronobiology, 1976, Volume 4, pages 97-110

