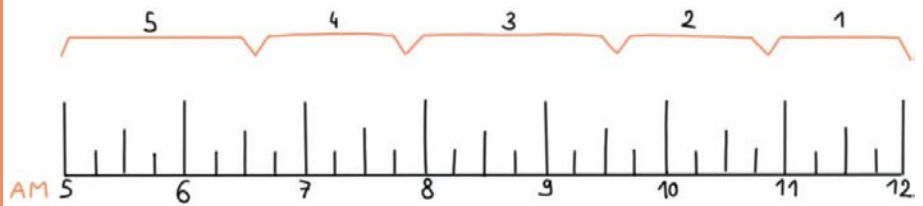


# Test yourself: Are you a morning lark or a night owl?

Score your points from each question

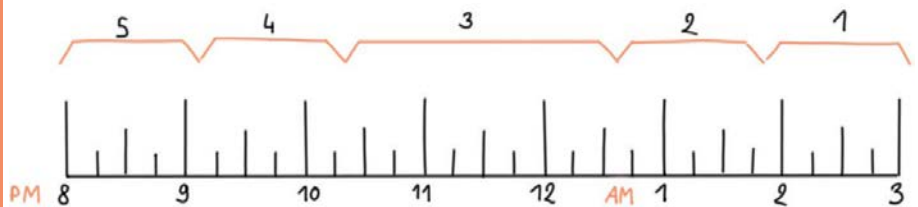
**1** Considering only your own «feeling beat» rhythm, at what time would you get up if you were entirely free to plan your day?



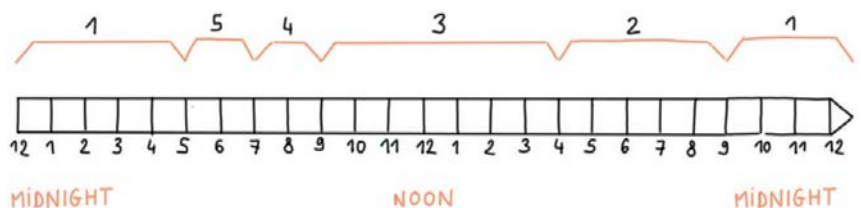
**2** During the first half hour after having woken in the morning, how tired do you feel?

Very tired ..... 1  
 Fairly tired ..... 2  
 Fairly refreshed ..... 3  
 Very refreshed ..... 4

**3** At what time in the evening do you feel tired and as a result in need of sleep?



**4** At what time of the day do you think that you reach your «feeling best» peak?



**5** One hears about «morning» and «evening» types of people. Which ONE of these types do you consider yourself to be?

Definitely a «morning» type ..... 6  
 Rather more a «morning than an «evening» type ..... 4  
 more a «evening» than a «morning» Rather type ..... 2  
 Definitely a «evening» type ..... 0

## Score

22-25 Definitely Morning Type  
 18-21 Moderately Morning Type  
 12-17 Neither Type  
 8-11 Moderately Evening Type  
 4-7 Definitely Evening Type

## Results

If you want to do the full questionnaire and get specific advice depending on your chronotype, visit this website:

<https://chronotype-self-test.info/index.php?sid=61524&newtest=Y>