



Lark or Owl Questionnaire

- Make sure that you read each question carefully before answering.
- Although each question has a selection of answers, choose one only.
- Answer every question.
- Trust your initial response and answer honestly.
- There is no right or wrong answer; it is your personal experience that counts.
- When you have finished, add up your score to determine your 'best time' performance.

1. Taking into account only your own 'feeling best' rhythm, at what time would you get up if you were entirely free to choose?

Before 6 am	5
6 - 7 am	4
7 - 9 am	3
9 - 10 am	2
After 10 am	1

2. Taking into account only your own 'feeling best' rhythm, at what time would you go to bed if you were entirely free to choose?

Before 9 pm	5
9 - 10 pm	4
10 pm - 12 am	3
12 - 1 am	2
After 1 am	1

3. If there is a particular time by which you must get up in the morning, to what extent do you rely on being woken up by an alarm of some kind?

Not at all dependent	4
Somewhat dependent	3
Fairly dependent	2
Completely dependent	1

4. After a usual night's sleep, do you find it easy to get up in the mornings?

Not at all easy	4
Not very easy	3
Fairly easy	2
Very easy	1

5. Within 30 minutes of getting up in the morning, how alert do you feel?

Not at all easy	4
Not very easy	3
Fairly easy	2
Very easy	1

6. Within 30 minutes of getting up in the morning, how stimulated is your appetite?

Not at all easy	4
Not very easy	3
Fairly easy	2
Very easy	1



7. Within 30 minutes of getting up in the morning, how tired or otherwise do you feel?

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

8. If you have no special plans the next day, at what time would you go to bed compared with your normal routine?

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

9. You and a friend commit to doing some regular exercise together for 1 hour twice a week, and it suits your friend to do it between 7 and 8 am. Taking into account only your own 'feeling best' rhythm, would you...?

Be in good form	4
Be in reasonable form	3
Find it difficult	2
Find it very difficult	1

10. You have given an undertaken to do 2 continuous hours of hard physical work, but you can choose any time at all to do it. Taking into account your own 'feeling best' time, which one of the following slots would you choose?

8-10 am	4
11 am – 1 pm	3
3-5 pm	2
7-9 am	1

11. At home in the evening, at what time would you feel tired and make preparations for bed?

Before 9 pm	5
9-10 pm	4
10 pm – 12 am	3
12-1 am	2
After 1 am	1

12. You have got a 2-hour, mentally exhausting test coming up. Taking into account your 'feeling best' time, which of the following time slots would you choose to do the test in?

8-10 am	4
11 am – 1 pm	3
3-5 pm	2
7-9 pm	1

13. Would you be tired if you went to bed at 11 pm?

Not at all	4
A little	3
Fairly	2
Very	1



14. If you have gone to bed several hours later than usual but are free to do whatever you like the following morning, will you...?

Wake up at the usual time and not fall asleep again	4
Wake up at the usual time and then doze for a while	3
Wake up at the usual time and then go back to sleep	2
Not wake up until later than usual	1

15. You're involved in a night-watch exercise, which means you have to stay awake between 4 and 6 am. Assuming no commitments the following day, which one of the following options would best suit you?

Don't go to bed until the watch is over	4
Take a nap before and sleep properly afterwards	3
Take a good sleep before and nap afterwards	2
Go to bed in time to have a full sleep before the watch	1

16. You and a friend commit to doing some regular exercise together for 1 hour twice a week and it suits your friend to do it between 10 and 11 pm. Taking into account only your own 'feeling best' rhythm, would you?

Be in good form	4
Be in reasonable form	3
Find it difficult	2
Find it very difficult	1

17. You were offered a really interesting job that paid by results and involved working for 5 consecutive hours each day, which 5-hour time slot would you choose?

4-9 am	5
7 am – 12 pm	4
10 am – 3 pm	3
4-9 pm	2
9 pm – 2 am	1

18. On any given day, at what time would you achieve your 'feeling best' peak?

5-7 am	5
8-9 am	4
10 am – 4 pm	3
5-9 pm	2
10 pm – 4 am	1

19. If you had to describe yourself as a morning or evening type of person, which one of the following would come closest?

Absolutely a morning type	4
Tend more towards a morning type than an evening type	3
Probably more an evening type than a morning type	2
Absolutely an evening type	1



Scoring

Extreme morning type	70-86
Moderately morning type	59-69
Neutral type	42-58
Moderately evening type	31-41
Extreme evening type	16-30

- If the test score indicates that you are a moderately morning type, a neutral type or a moderately evening type, the chances are that you will be able to adapt to changes in your sleep pattern.
- Extreme morning types or larks are likely to experience considerable difficulty adjusting to shiftwork.
- Extreme evening types or owls adjust to changing time schedules more easily than most people.