

THE LARK OWL SELF TEST



Take the test below to discover what type of person you are. Answer according to your preferences on your days off, regardless of the shift on which you currently work.

Instruction:

- Answer all questions in numerical order
- Answer each question independently of others. Do not go back and check your answers
- Select one answer only.

1. Considering only your own "feeling best" rhythm, at what time would you get up if you were entirely free to plan your day?
 - a. 5:00 AM - 6:30 AM 5 pt
 - b. 6:30 AM - 7:45 AM 4 pt
 - c. 7:45 AM - 9:45 AM 3 pt
 - d. 9:45 AM - 11:00 AM 2 pt
 - e. 11:00 AM-12 Noon 1 pt
2. Considering only your own "feeling best" rhythm, at what time would you go to bed if you were entirely free to plan your evening?
 - a. 6:00 PM - 9:00 PM 5 pt
 - b. 9:00 PM - 10:15 PM 4 pt
 - c. 10:15 PM - 12:30 AM 3 pt
 - d. 12:30 AM - 1:45 AM 2 pt
 - e. 1:45 AM - 3:00 1 pt
3. If there is a specific time at which you have to get up in the morning to what extent are you dependent on being woken up by an alarm clock?
 - a. Not at all dependent 4 pt
 - b. Slightly dependent 3 pt
 - c. Fairly dependent 2 pt
 - d. Very dependent 1 pt
4. Assuming adequate environmental conditions, how easy do you find getting up in the mornings?
 - a. Not at all easy 1 pt
 - b. Not very easy 2 pt
 - c. Fairly easy 3 pt
 - d. Very easy 4 pt
5. How alert do you feel during the first half hour after having woken in the mornings?
 - a. Not at all alert 1 pt
 - b. Slightly alert 2 pt

- c. Fairly alert 3 pt
d. Very alert 4 pt
6. How is your appetite during the first half hour after having woken in the morning?
a. Very Poor 1 pt
b. Fairly poor 2 pt
c. Fairly good 3 pt
d. Very good 4 pt
7. During the first half hour after having woken in the morning how tired to you feel?
a. Very Tired 1 pt
b. Fairly tired 2 pt
c. Fairly refreshed 3 pt
d. Very refreshed 4 pt
8. When you have no commitments the next day, at what time do you go to bed compared to your usual bedtime?
a. Seldom or never later 4 pt
b. Less than one hour later 3 pt
c. 1-2 hours later 2 pt
d. More than 2 hours later 1 pt
9. You have decided to engage in some physical exercise. A friend suggests t at you do this one hour twice a week and the best time for him is between 7:00-8:00 AM. Bearing in mind nothing else but your own "feeling best" rhythm, how do you think you would perform?
a. Would be in good form 4 pt
b. Would be in reasonable form 3 pt
c. Would find it difficult 2 pt
d. Would find it very difficult 1 pt
10. At what time in the evening do you feel tired and as a result in need of sleep??
a. 8:00 PM- 9:00 PM 5 pt
b. 9:00 PM -- 10:15 PM 4 pt
c. 10:15 PM- 12:45 AM 3 pt
d. 12:45 AM-2:00 AM 3 pt
e. 2:00 AM- 3:00 AM 1 pt
11. You wish to be at your peak performance for a test which you know is going to e mentally exhausting and lasting for two hours. You are entirely free to plan your day and considering only your own "feeling best" rhythm, which ONE of the four testing times would you choose?
a. 8:00-10:00 AM 6 pt
b. 11:00 AM – 1:00 PM 4 pt
c. 3:00 – 5:00 PM 2 pt

d. 7:00 –9:00 PM 0 pt

12. If you went to bed at 11:00 PM, at what level of tiredness would you be?

- a. Not at all tired 0 pt
- b. A little tired 2 pt
- c. Fairly tired 3 pt
- d. Very tired 5 pt

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 events are you most likely to experience?

- a. Will wake up at usual time and will NOT fall asleep again 4 pt
- b. Will wake up at usual time and will doze thereafter 3 pt
- c. Will wake up at usual time but will fall asleep again 2 pt
- d. Will NOT wake up until later than usual 1 pt

14. One night you have to remain awake between 4:00 and 6:00 AM in order to carry out a night watch. You have no commitments the next day. Which ONE of the following alternatives will suit you best.

- a. Would NOT go to bed until watch was over 1 pt
- b. Would take a nap before and sleep after 2 pt
- c. Would take a good sleep before and nap after 3 pt
- d. Would take ALL sleep before watch 4 pt

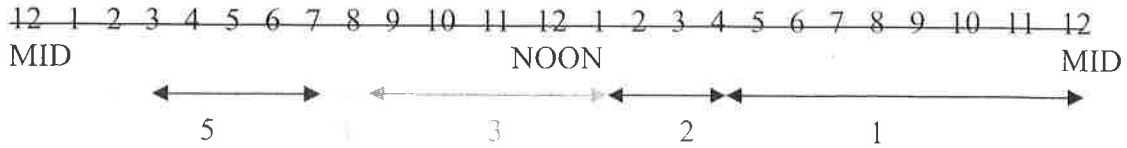
15. You have to do two hours of hard physical work. You are entirely free to plan your day and considering only your own “feeling best” rhythm, which ONE of the following times would you choose?

- a. 8:00 – 10:00 AM 4 pt
- b. 11:00 AM – 1:00 PM 3 pt
- c. 3:00 – 5:00 PM 2 pt
- d. 7:00 – 9:00 PM 1 pt

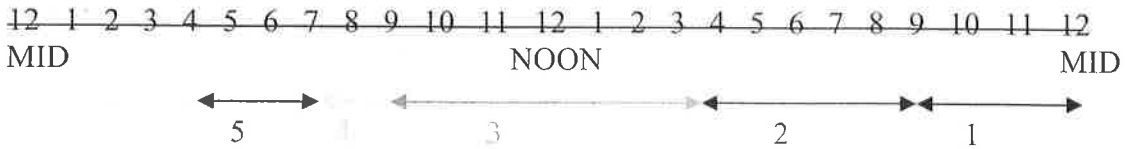
16. You have decided to engage in hard physical exercise. A friend suggests that you do this for one hour twice a week and the best time for him is between 10:00-11:00 PM. Bearing in mind nothing else but your own “feeling best” rhythm, how well do you think you would perform?

- a. Would be in good form 1 pt
- b. Would be in reasonable form 2 pt
- c. Would find it difficult 3 pt
- d. Would find it very difficult 4 pt

17. Suppose that you can choose your own work hours. Assume that you worked a FIVE hour day (including breaks) and that your job was interesting and paid by results. Which FIVE CONSECUTIVE HOURS would you select?



18. At what time of the day do you think that you reach your "feeling best" peak?



19. One hears about "morning" and "evening" types of people. Which ONE of these types do you consider yourself to be?

- a. Definitely a "morning" type 6 pt
- b. Rather more a "morning" than an "evening" type 4 pt
- c. Rather more a "evening" than an "morning" type 2 pt
- d. Definitely a "evening" type 0 pt

SCORING:

The score for each response is beside the answer box or in a range below the scale. For question 17 and 18 use the most extreme mark on the right hand side to find your score on the range below.

Total your scores and compare them to the scale below.

Definitely Morning Type	70-86
Moderately Morning Type	59-69
Neither Type	42-58
Moderately Evening Type	31-41
Definitely Evening Type	16-30

