**OWL or LARK? Self-Assessment**

Some people just “know” that they are either an “Owl” (Evening) or a “Lark” (Morning) person. Some people know what they used to be and have now changed from one to the other. Some people know what they used to be, but now are not sure. Yet others don’t seem to fit at either end, as it depends on a variety of factors.

This questionnaire is intended to help you think through what you might be in order to be more effective with your time, energy and focus.

For each question, please select the answer that best describes you by circling the point value that best indicates how you have felt in recent weeks. **([[1]](#endnote-1))**

1. *Approximately* what time would you get up if you were entirely free to plan your day?

[5] 5:00 AM–6:30 AM

[4] 6:30 AM–7:45 AM

[3] 7:45 AM–9:45 AM

[2] 9:45 AM–11:00 AM

[1] 11:00 AM–12 noon

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

[5] 8:00 PM–9:00 PM

[4] 9:00 PM–10:15 PM

[3] 10:15 PM–12:30 AM

[2] 12:30 AM–1:45 AM

[1] 1:45 AM–3:00 AM

3. If you usually have to get up at a specific time in the morning, how much do you depend on an alarm clock?

[4] Not at all

[3] Slightly

[2] Somewhat

[1] Very much

1. 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

1. 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

1. 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

1. 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

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

[4] Seldom or never later

[3] Less that 1 hour later

[2] 1-2 hours later

[1] More than 2 hours later

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

[4] Would be in good form

[3] Would be in reasonable form

[2] Would find it difficult

[1] Would find it very difficult

10. At *approximately* what time in the evening do you feel tired, and, as a result, in need of sleep?

[5] 8:00 PM–9:00 PM

[4] 9:00 PM–10:15 PM

[3] 10:15 PM–12:45 AM

[2] 12:45 AM–2:00 AM

[1] 2:00 AM–3:00 AM

1. 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?

[6] 8:00 AM–10:00 AM

[4] 11:00 AM–1:00 PM

[2] 3:00 PM–5:00 PM

[0] 7:00 PM–9:00 PM

1. 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

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?

[4] Will wake up at usual time, but will not fall back asleep

[3] Will wake up at usual time and will doze thereafter

[2] Will wake up at usual time, but will fall asleep again

[1] Will not wake up until later than usual

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

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

[4] 8:00 AM–10:00 AM

[3] 11:00 AM–1:00 PM

[2] 3:00 PM–5:00 PM

[1] 7:00 PM–9:00 PM

16. You have decided to do physical exercise. A friend suggests that you do this for one hour twice a week. The best time for her is between 10-11 PM *(22-23 h).* 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

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?

[5] 5 hours starting between 4–8 AM

[4] 5 hours starting between 8–9 AM

[3] 5 hours starting between 9 AM–2 PM

[2] 5 hours starting between 2–5 PM

[1] 5 hours starting between 5 PM–4 AM

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

[5] 5:00 AM–8:00 AM

[4] 8:00 AM –10:00 AM

[3] 10:00 AM–5:00 PM

[2] 5:00 PM–10:00 PM

[1] 10:00 PM –5:00 AM

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

[6] Definitely a morning type

[4] Rather more a morning type than an evening type

[2] Rather more an evening type than a morning type

[1] Definitely an evening type

\_\_\_\_\_ **Total points for all 19 questions**

**INTERPRETING AND USING YOUR SCORE**

This questionnaire has 19 questions, each with a number of points. First, add up the points you circled and enter your total score.

Scores can range from 16-86. Scores of 41 and below indicate "Owl” or “Evening types." Scores of 59 and above indicate "Lark” or “Morning types." Scores between 42-58 indicate "Intermediate types."

There are few, if any, hard and fast rules. Occasionally a person has trouble with the questionnaire. For example, some of the questions are difficult to answer if you have been on a shift work schedule, if you don’t work, or if your bedtime is unusually late. You may not have noticed a pattern or regularity. You might be under forced circumstances (e.g. new baby, heavy commute etc.) Finally, your answers may be influenced by an illness or medications you may be taking. *If you are not confident about your answers, treat the following categorizations lightly and carefully.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 16 - 30 | 31 - 41 | 42 - 58 | 59 - 69 | 70 - 86 |
| Definite Owl or Evening Type | Moderate Owl or Evening Type | Intermediate | Moderate Lark or Morning Type | Definitive Lark or Morning Type |

One way to check this is to ask whether your score approximately matches the sleep onset and wake-up times listed below:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Score | 16 - 30 | 31 - 41 | 42 - 58 | 59 - 69 | 70 - 86 |
| Sleep onset | 2.00 – 3.00 AM | 12.45 – 2.00 AM | 10.45 PM – 12.45 AM | 9.30 – 10.45 PM | 9.00 – 9.30 PM |
| Wake-up | 10.00 – 11.30 AM | 8.30 – 10.00 AM | 6.30 – 8.30 AM | 5.00 – 6.30 AM | 4.00 – 5.00 AM |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
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1. This is a variant of the original Horne- Östberg version, Horne J.A. and Östberg O. A self-assessment questionnaire to determine morningness-eveningness in human circadian rhythms. International Journal of Chronobiology, 1976: 4, 97-100. [↑](#endnote-ref-1)