

Morningness/Eveningness Questionnaire

Select a response for each item that best describes you, and then add the scores.

| Question | Response | Score |
|---|--|-------|
| Considering only your own “feeling best” rhythms, at what time would you get up if you were entirely free to plan your day? | 5 a.m. – 6:30 a.m. | 5 |
| | 6:30 a.m. – 7:45 a.m. | 4 |
| | 7:45 a.m. – 9:45 a.m. | 3 |
| | 9:45 a.m. – 11 a.m. | 2 |
| | 11 a.m. – 12 noon | 1 |
| During the first half hour after awakening in the morning, how tired do you feel? | Very tired | 1 |
| | Fairly tired | 2 |
| | Fairly refreshed | 3 |
| | Very refreshed | 4 |
| At what time in the evening do you feel tired and in need of sleep? | 8 p.m. – 9 p.m. | 5 |
| | 9 p.m. – 10:15 p.m. | 4 |
| | 10:15 p.m. – 12:30 a.m. | 3 |
| | 12:30 a.m. – 1:45 a.m. | 2 |
| | 1:45 a.m. – 3 a.m. | 1 |
| At what time of the day do you think that you reach your “feeling best” peak? | 10 p.m. – 5 a.m. | 1 |
| | 5 p.m. – 10 p.m. | 2 |
| | 10 a.m. – 5 p.m. | 3 |
| | 8 a.m. – 10 a.m. | 4 |
| | 5 a.m. – 8 a.m. | 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 “evening” type | 4 |
| | Rather more an “evening” than “morning” type | 2 |
| | Definitely an “evening” type | 0 |