

HANDOUT 17-3

**Test to Determine Morning versus Evening People**

Instructions: To see if you are a lark or an owl, answer the following questions by circling the answers that apply to you.

1. I am most alert during the morning\_\_\_\_\_evening
2. I feel that I have the most energy during the morning\_\_\_\_\_evening
3. I feel that I remember material better if I read it or hear it in the morning\_\_\_\_\_evening
4. I am most productive during the morning\_\_\_\_\_evening
5. I come up with my best ideas during the morning\_\_\_\_\_evening
6. I feel that I am most intelligent during the morning\_\_\_\_\_evening
7. I prefer recreation during the morning\_\_\_\_\_evening
8. Considering what makes me feel best, if I were completely free to plan my day, I would get up before\_\_\_\_\_after  
8 A.M. 8 A.M.
9. Considering what makes me feel best, if I were completely free to plan my day, I would go to sleep before\_\_\_\_\_after  
11 P.M. 11 P.M.
10. During the first hour after I wake up in the morning, I would judge my alertness and energy as fairly good\_\_\_\_\_fairly low

Explain how your sleep pattern affects your everyday relations at:

- A. Home
- B. Work
- C. School