

CHRONOTYPE QUESTIONNAIRE

For each of the 19 questions, check the box with the answer most appropriate for you. Try to answer while thinking about how you feel when you are working days or are on vacation.

1. Thinking about your own « feeling best » rhythm, at what time would you get up if you were entirely free to plan your day?

- 5- Before 6:30 a.m.
- 4- Between 6:30 and 7:45 a.m.
- 3- Between 7:45 and 9:45 a.m.
- 2- Between 9:45 and 11:00 a.m.
- 1- After 11:00 a.m.

2. Thinking about your own « feeling best » rhythm, at what time would you go to bed if you were entirely free to plan your evening?

- 5- Between 7:00 and 9:00 p.m.
- 4- Between 9:00 and 10:15 p.m.
- 3- Between 10:15 p.m. and 12:30 a.m.
- 2- Between 12:30 and 1:45 a.m.
- 1- After 1:45 a.m.

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?

- 4- Not at all dependent
- 3- Slightly dependent
- 2- Fairly dependent
- 1- Very dependent

4. How easy do you find getting up in the mornings?

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

5. How alert do you feel during the first half-hour after having woken up in the mornings?

- 1- Not at all alert
- 2- Slightly alert
- 3- Fairly alert
- 4- Very alert

6. How is your appetite during the first half-hour after having woken up in the mornings?

- 1- Very poor
- 2- Fairly poor
- 3- Fairly good
- 4- Very good

7. During the first half-hour after having woken up in the morning, how tired do you feel?

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

8. When you have no commitments the next day, at what time do you go to bed compared to your usual bedtime?

- 4- Seldom or never later
- 3- Less than one hour later
- 2- One to two hours later
- 1- More than two hours later

9. You have decided to engage in some physical exercise. A friend suggests that you do this one hour twice a week and the best time for him is between 7:00-8:00 a.m. Bearing in mind nothing else but your own « feeling best » rhythm, how do you think you would perform?

- 4- Would be in good shape
- 3- Would be in reasonable shape
- 2- Would find it difficult
- 1- Would find it very difficult

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

- 5- Before 9:00 p.m.
- 4- Between 9:00 and 10:15 p.m.
- 3- Between 10:15 p.m. and 12:45 a.m.
- 2- Between 12:45 and 2:00 a.m.
- 1- After 2:00 a.m.

11. You wish to be at your peak performance for a test which you know is going to be mentally exhausting and lasting for two hours. You are entirely free to plan your day. Thinking about only your own « feeling best » rhythm, which ONE of the four testing times would you choose?

- 6- 8 to 10 a.m.
- 4- 11 a.m. to 1 p.m.
- 2- 3 to 5 p.m.
- 0- 7 to 9 p.m.

12. If you went to bed at 11:00 p.m. at what level of tiredness 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 events are you most likely to experience?

- 4- Will wake up at usual time and will NOT fall asleep again
- 3- Will wake up at usual time and will doze after
- 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 4:00 and 6:00 a.m. for a special event. You have no commitments the next day. Which ONE of the following alternatives will suit you best?

- 1- Would NOT go to bed before the event and sleep only after.
- 2- Would take a nap before the event and sleep mostly after.
- 3- Would sleep mostly before the event and take a nap after.
- 4- Would sleep only before the event.

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?

- 4- 8 to 10 a.m.
- 3- 11 a.m. to 1 p.m.
- 2- 3 to 5 p.m.
- 1- 7 to 9 p.m.

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 10-11 p.m. Bearing in mind nothing else but your own « feeling best » rhythm, how well do you think you would perform?

- 1- Would be in good shape
- 2- Would be in reasonable shape
- 3- Would find it difficult
- 4- Would find it very difficult

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?

- 5- 5 hours starting before 8 a.m.
- 4- 5 hours starting between 8 and 9 a.m.
- 3- 5 hours starting between 9 a.m. and 2 p.m.
- 2- 5 hours starting between 2 and 5 p.m.
- 1- 5 hours starting after 5 p.m.

18. At what time of the day do you think that you reach your "feeling best" peak? (Choose one option).

- 5- Before 8 a.m.
- 4- Between 8 and 10 a.m.
- 3- Between 10 a.m. and 5 p.m.
- 2- Between 5 and 10 p.m.
- 1- After 10 p.m.

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

- 6- Definitely a « morning » type
- 4- Rather more a « morning » than an « evening » type
- 2- Rather more an « evening » than a « morning » type
- 0- Definitely an « evening » type

To know your chronotype, add the scores (indicated in bold) corresponding to your answers to the 19 questions:

Total of scores	Chronotype
70 - 86	Extreme Morning
59 - 69	Moderate Morning
42 - 58	Intermediate
31 - 41	Moderate Evening
16 - 30	Extreme Evening

Questionnaire adapted from: J.A. Horne & O. Östberg : A self-assessment questionnaire to determine morningness-eveningness in human circadian rhythms. *Int J Chronobiol*, 4:97-110, 1976.