

## Test of morning vs eveningness

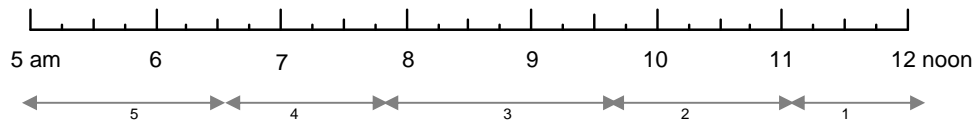
Please answer the following questions in order.  
Do not go back and check or change your answers.

### What time of day do you like to sleep?

*Imagine that you are completely free to plan your day. Think only about what feels best for you.*

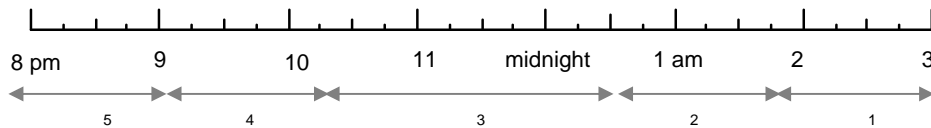
**1. What time of day would you get up?**

*Please put a cross at the time closest to your best time.*



**2. What time of day would you go to bed?**

*Please put a cross at the time closest to your best time.*



### Waking up in the morning

**3. You have to get up at a particular time in the morning. How much do you need to depend on the alarm clock to wake you up? Please tick the box that applies to you.**

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

**4. If nothing is disturbing you (noise, light etc), how easy do you find it to get up in the morning?**

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

**5. How alert do you feel in the first half hour after waking up in the morning?**

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

**6. How is your appetite in the first half hour after waking up in the morning?**

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

**7. How tired do you feel in the first half hour after waking up in the morning?**

*Please tick the box that applies to you.*

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

**8. When there is nothing that you have to do tomorrow, what time do you go to bed, compared to your usual bedtime? Please tick the box that applies to you**

- 4  Seldom or never later      3  Less than 1 hour later      2  1-2 hours later      1  More than 2 hours later

9. You and a friend have decided to do some physical exercise.

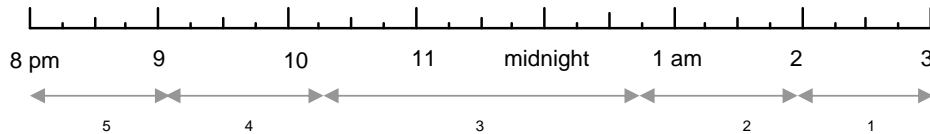
- Your friend wants to train twice a week from **7-8 am**
- How well do you think you would perform at this time?

*Please tick the box that applies to you*

- 4 Would be on good form       3 Would be on reasonable form       2 Would find it difficult       1 Would find it very difficult

10. What time in the evening do you start to feel tired and in need of sleep?

*Please put a cross at the time that suits you best.*



11. You want to do your best on an exhausting **mental** test that lasts 2 hours. Which one of these 4 test times would suit you best? *Please tick the box that is closest to your best time.*

- 6 8-10am       4 11am-1pm       2 3-5pm       0 7-9pm

12. If you went to bed at 11 pm, how tired would you normally be at that time?

*Please tick the box that applies to you*

- 0 Not at all tired       2 A little tired       3 Fairly tired       5 Very tired

13. If you go to bed a few hours later than usual, but don't have to get up at any special time in the morning, what is most likely to happen? *Please tick the box that applies to you*

- 4 I wake up at the usual time and do not fall back to sleep       3 I wake up at the usual time, then doze       2 I wake up at the usual time, then fall back to sleep       1 I do not wake up until later than usual

14. Imagine that you have to be at work, and stay alert, between 4-6 am. You don't have anything in particular to do the next day. Which of these strategies would suit you best?

*Please tick the box that applies to you*

- 1 I would not go to bed until work was over       2 I would take a nap before work, then sleep after       3 I would take a good sleep before work, then nap after       4 I would take all my sleep before work

15. You have to do 2 hours of hard physical work. You are completely free to plan your day. When would you choose to do this work? *Please tick the box that is closest to your best time.*

- 4 8-10 am       3 11 am - 1 pm       2 3-5 pm       1 7-9 pm

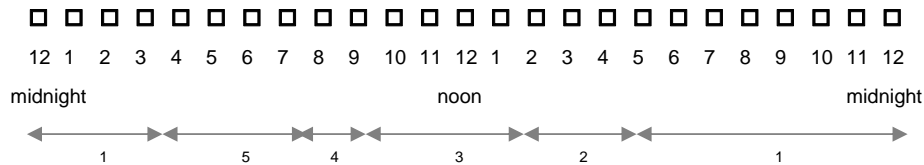
16. You and a friend have decided to do some physical exercise.

- Your friend wants to train between **10-11 pm**
- How well do you think you would perform at this time?

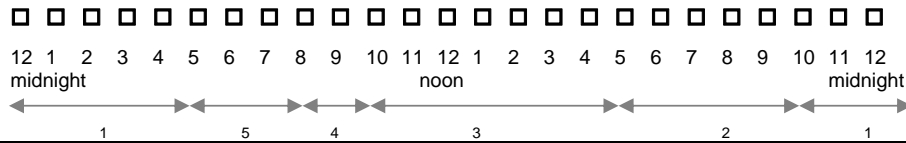
*Please tick the box that applies to you*

- 1 Would be on good form       2 Would be on reasonable form       3 Would find it difficult       4 Would find it very difficult

17. Imagine you can choose your own work hours. You have to work for 5 hours a day (including breaks). Your job is interesting, and you get paid for the amount of work you do. Which 5 hours in a row would you choose to work? Please tick 5 boxes for the time that suits you best.



18. At what time of day do you feel your best? Please tick 1 box to indicate your best time.



19. You hear about "morning types" and "evening types". Which of the following types do you think you are? Please tick the box that applies to you

- 6  Definitely a morning type      4  More a morning type than an evening type      2  More an evening type than a morning type      0  Definitely an evening type

**To find your score:**

- Add up the numbers next to the boxes you ticked for questions 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16 and 19.
- For questions 1, 2, 10 and 18, add the number just below where you scored the cross.
- For question 17 add the number just below the first box you scored.

Please use the following cut offs for scoring

**For those under 35 years of age**

Definitely evening type	16-30
Moderately evening type	31-41
Neither type	42-58
Moderately morning type	59-69
Definitely morning type	70-86

**For those 35 years of age or over**

Definitely evening type	16-46
Moderately evening type	47-52
Neither type	53-64
Moderately morning type	65-69
Definitely morning type	70-86

**Acknowledgement and more information**

This test is based on the test in "A self-assessment questionnaire to determine morningness-eveningness in human circadian rhythms" by Horne, JA and Ostberg, O. *International Journal of Chronobiology*, 1976, Volume 4, pages 97-110

For more information relating to Maritime New Zealand's fatigue management programme and publications, see the website: [www.maritimenz.govt.nz](http://www.maritimenz.govt.nz)