

The Science of Sleep

Are you a Lark, Owl, or Hummingbird?

Take the quiz to discover if you are a morning 'Lark', a night 'Owl' or a 'Hummingbird'.

- Answer all questions in the order they are in the quiz.
- Answer each question independently - don't go back and check or change your answers.
- Select one answer only and circle the points for that answer.

Questions and Answers		Points
Think about when you feel 'at your best', at what time would you get up if you were completely free to plan your own day?		
A	5:00am - 6:30am	5
B	6:30am - 7:45am	4
C	7:45am - 9:45am	3
D	9:45am - 11:00am	2
E	11:00am - 12:00 noon	1
When you have to get up for school in the morning how dependent are you on being woken up by an alarm clock (or someone having to wake you up).		
A	Not at all dependent, I wake up by myself	4
B	Slightly dependent, I sometimes need to be woken up	3
C	Fairly dependent, I often need to be woken up	2
D	Very dependent, I always need to be woken up	1
How easy do you find getting up in the morning?		
A	Not at all easy	1
B	Not very easy	2
C	Fairly easy	3
D	Very easy	4
How alert and awake do you feel during the first half an hour after waking up in the morning?		
A	Not at all alert	1
B	Slightly alert	2
C	Fairly alert	3
D	Very alert	4

How is your appetite during the first half hour after waking up in the morning?		
A	Very poor - I don't eat breakfast	1
B	Fairly poor - I don't eat breakfast until later	2
C	Fairly good - I usually eat breakfast	3
D	Very good - I always eat breakfast soon after waking up	4
If you have nothing planned to get up for in the morning, at what time do you get to bed compared to your usual bedtime?		
A	Rarely or never later	4
B	Less than one hour later	3
C	1-2 hours later	2
D	More than 2 hours later	1
You went to bed a few hours later than usual, but there is no need to get up for anything in particular in the morning. Which ONE of the following would happen to you?		
A	I will wake up at usual time and NOT fall asleep again	4
B	I will wake up at usual time and will doze for a while	3
C	I will wake up at usual time but will fall asleep again	2
D	I will NOT wake up until later than usual	1
You have to do two hours of hard physical exercise. You can plan it for the time in the day you will be feeling your best, which test time do you choose?		
A	8:00-10:00am	4
B	11:00am-1:00pm	3
C	3:00-5:00pm	2
D	7:00-9:00pm	1
At what time of the day do you think that you reach your 'feeling best' peak?		
A	Between 5:00-7:30am	5
B	Between 8:00-1:00pm	3
C	Between 1:00-4:00pm	2
D	After 4:00pm	1
You often hear 'some people are morning people; some are evening people'. Which ONE of these do you consider yourself to be?		
A	Definitely a 'morning' person	6
B	More of a 'morning' than an 'evening' person	4
C	More of an 'evening' than a 'morning' person	2
D	Definitely an 'evening' person	0

Scoring:

Add up the points that you have circled to give yourself a total. Compare them to the categories below.

35 - 44	Definitely a morning person (Lark)
30 - 34	Moderately a morning person (Lark)
21 - 29	Hummingbird
16 - 20	Moderately an evening person (Owl)
9 - 15	Definitely an evening person (Owl)