



1.1.1-S

Chronotype Chart (Supplement)

Are you a morning person, a night person, or neither one or the other? Circle the answers that best apply to you. Then calculate your results on the following page.

Characteristic ¹	1	2	3
Most alert	Around noon	Around 6 PM	Equally alert at noon and 6 PM
Most productive	Morning	Evening	Equally productive in morning and evening
Alarm clock	Don't need it	Need multiple alarms	One alarm is enough
Favorite exercise time	Morning	Evening	Equally likely to exercise in morning and evening
Mood	Declines steadily all day	Rises steadily all day	Same throughout the day
Favorite meal	Breakfast	Dinner	I like breakfast and dinner equally
Coffee use	None or a small amount	Quite a bit	Somewhere in the middle
Class Time	I would prefer a class at 8 AM	I would prefer a class at 7 PM	No preference between a class at 8 AM or 7 PM
Morning behavior	Full of energy	Out of steam	Somewhere in the middle
Evening behavior	Out of steam	Full of energy	Somewhere in the middle
Travel	I get bad jet lag	Adapt quickly to time zone changes	I get a bit of jet lag

¹Source: Adapted from <http://www.nasw.org/users/llamberg/larkowl.htm>.

Compute your results:

Count how many circled answers you have in each column and enter the information below.

Column 1 Total: _____

Column 2 Total: _____

Column 3 Total: _____

Interpretation:

If your Column 1 Total is the highest, this indicates that your chronotype is a morning person.

If your Column 2 Total is the highest, this indicates that your chronotype is a night person.

If your Column 3 Total is the highest, this indicates that your chronotype is neither a night nor morning person.

*Tiebreaker. If you have a tie between your two top columns, simply select the result with which you most identify.