

Sleep

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Let's start with a personality quiz...

1) If you were free to plan your evening, and had no commitments the next day, what time would you choose to go to bed?

1. Before 21.00

2. 21.00 - 22.30

3. 22.30 - 00.00

4. 00.00 - 01.30

5. After 1.30

2) If you were free to plan your day, what time would choose to get up?

1. Before 06.30

2. 06.30 - 08.00

3. 08.00 - 09.30

4. 09.300 - 11.00

5. After 11.00

3) In general, do you find it easy to get up in the morning?

1. Definitely yes

2. Yes

3. Uncertain

4. No

5. Definitely no

4) Imagine that you have to do two hours of physically hard work. If you were entirely free to plan your day, in which of the following periods would you choose to do the work?

1. 08.00 - 11.00

2. 11.00 - 13.00

3. 13.00 - 15.00

4. 15.00 - 17.00

5. 17.00 - 19.00

Results...

- a

Your Chronotype

4 - 6

**Strong
lark**



7 - 10

**Moderate
lark**

11 - 13

**Neither
owl nor
lark**

14 - 17

**Moderate
owl**

18 - 20

**Strong
owl**



What does your chronotype say about your personality?

Larks:

- introverted, logical, and reliable
- get higher grades

Owls:

- extroverted, emotionally stable, hedonistic, and creative
- more likely to be obese
- average of four times as many partners during lifetime

Thanks!

The Oatmeal

<http://theoatmeal.com>

