A white background with black numbers

Description automatically generated

33 – 55: Morning Person

23 – 33 – Afternoon person

1-23 – Night person

5+5+2+5+1+1+5+5+5+3+5+4+5

3+2+2+4+5+3+1+2+4+1+3+3

5+1+3+5+1+2+3+1+1+1

<https://www.psychologytoday.com/au/blog/fulfillment-any-age/201209/morning-person-or-evening-person-its-time-find-out>