

Munich Chronotype Questionnaire Micro (muMCTQ)

AAA
English

The following section will ask you questions in regards to your sleep and wake behaviour on work- and work-free days. Please estimate an average of your 'normal' sleep behaviour over the past 6 weeks.

Normally, I work ___ days / week:

* must provide value

Please answer all the following questions even if you do not work, or work 7 days / week. Use the 24-hour format (e.g., 23:00 instead of 11 PM).

On workdays, I normally fall asleep at:

H:M

* must provide value

This is NOT when you get into bed, but rather when you fall asleep

On workdays, I normally wake up at:

H:M

* must provide value

This is NOT when you get out of bed, but rather when you wake up

On work-free days, when I DON'T use an alarm clock, I normally fall asleep at:

H:M

* must provide value

This is NOT when you get into bed, but rather when you fall asleep

On work-free days, when I DON'T use an alarm clock, I normally wake up at:

H:M

* must provide value

This is NOT when you get out of bed, but rather when you wake up

On MOST work-free days, do you use an alarm clock?

☐ Yes

* must provide value

☐ No

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