

What bird is your body clock?



lark?



owl?



or something else?

Take our sleep quiz to find out!



Read each question carefully before answering – and answer honestly



Answer each question independently of the others



Don't go back and check your answers



Add your score as you go on our big sleep quiz totaliser!



What bird is your body clock?

1. Considering only your own 'feeling best' rhythm, at what time would you get up if you were entirely free to plan your day?



05:00-06:30am

(5 points)



06:30-07:45am

(4 points)



07:45-09:45am

(3 points)



09:45-11:00am

(2 points)



11:00-12:00am

(1 point)



What bird is your body clock?

2. During the first half-hour after having woken in the morning, how tired do you feel?



Very tired

(1 point)



Fairly tired

(2 points)



Fairly refreshed

(3 points)



Very refreshed

(4 points)



What bird is your body clock?

3. At what time in the evening do you feel tired, and as a result, in need of sleep?



08:00-09:00pm

(5 points)



09:00-10:15pm

(4 points)



10:15pm-12:45am

(3 points)



12:45-02:00am

(2 points)



02:00-03:00am

(1 point)



What bird is your body clock?

4. At what time of day do you think you reach your 'feeling best' peak?



05:00-07:00am

(5 points)



08:00-09:00am

(4 points)



10:00am-04:00pm

(3 points)



05:00pm-09:00pm

(2 points)



10:00pm-04:00am

(1 points)



What bird is your body clock?

You may have heard about ‘morning’ and ‘evening’ types of people. Which one of these types do you consider yourself to be?



Definitely a ‘morning’ type

(6 points)



Rather more a ‘morning’ than an ‘evening’ type

(4 points)



Rather more an ‘evening’ than a ‘morning’ type

(2 points)



Definitely an ‘evening’ type

(0 points)