

Morningness-Eveningness Questionnaire (Abridged): What's your chronotype?

1. What time would you get up if you were entirely free to plan your day?

5:00 – 6:29 am	5
6:30 – 7:44 am	4
7:45 – 9:44 am	3
9:45 – 10:59 am	2
11:00 – 11:59 am	1
Midday – 5:00 am	0

2. What time would you go to bed if you were entirely free to plan your evening?

8:00 – 8:59 pm	5
9:00 – 10:14 pm	4
10:15 pm – 12:29 am	3
12:30 – 1:44 am	2
1:45 – 2:59 am	1
3:00 am – 8:00 pm	0

3. If there is a specific time at which you have to get up in the morning, to what extent do you depend on being woken up by an alarm clock?

Not at all dependent	4
Slightly dependent	3
Fairly dependent	2
Very dependent	1

4. During the first half-hour after you wake up in the morning, how tired do you feel?

Very tired	1
Fairly tired	2
Fairly refreshed	3
Very refreshed	4

5. If you have no commitment the next day, what time would you go to bed compared to your usual bedtime?

Seldom or never later	4
Less than one hour later	3
1-2 hours later	2
More than two hours later	1

6. You have decided to engage in some physical exercise. A friend suggests that you do this for one hour twice a week and the best time for him/her is between 7:00 – 8:00 am. Bearing in mind nothing but your own internal "clock", how do you think you would perform?

Would be in good form	4
Would be in reasonable form	3
Would find it difficult	2
Would find it very difficult	1

7. You want to be at your peak performance for a test that you know is going to be mentally exhausting and will last for two hours. You are entirely free to plan your day. Considering only your own internal “clock”, which ONE of the four testing times would you choose?

- 8:00 – 10:00 am 4
- 11:00 am – 1:00 pm 3
- 3:00 – 5:00 pm 2
- 7:00 – 9:00 pm 1

8. If you got into bed at 11:00 pm, how tired would you be?

- Not at all tired 1
- A little tired 2
- Fairly tired 3
- Very tired 4

9. For some reason, you have gone to bed several hours later than usual, but there is no need to get up at any particular time the next morning. Which ONE of the following are you most likely to do?

- Will wake up at usual time, but will NOT fall back asleep 4
- Will wake up at usual time and will doze thereafter 3
- Will wake up at usual time but will fall asleep again 2
- Will NOT wake up until later than usual 1

10. Suppose that you can choose your school hours. Assume that you went to school for five hours per day and that school was interesting and enjoyable. Which five consecutive hours would you select?

- 5 hours starting between 4:00 – 7:59 am 5
- 5 hours starting between 8:00 – 8:59 am 4
- 5 hours starting between 9:00 am – 1:59 pm 3
- 5 hours starting between 2:00 – 4:59 pm 2
- 5 hours starting between 5:00 pm – 3:59 am 1

Total Score: _____

8-16	17-24	25-27	28-35	36-43
Definite Evening	Moderate Evening	Intermediate	Moderate Morning	Definite Morning