

‘Morning or Evening Person’?

	Larks	Owls
Most alert (self-report)	Around noon	Around 6 P.M
Most productive (self-report)	Late morning	Late morning, and late evening
Most active	Around 2:30 P.M	Around 5:30 P.M
Best mood	Between 9 A.M. and 4 P.M	Steady rise from about 8 A.M. to 10 P.M.
Temperature highest	Around 3:30 P.M.	Around 8 P.M
Age	Most persons over age 60	Most college students and 20-somethings
Bedtime	Go to bed 2 hours earlier than owls; fall asleep faster	More variable bedtimes; stay up later on weekends and holidays
Wake-time	Awaken at desired time	Awaken about same time as larks on workdays, 1-2 hours later on days off
Use of alarm clock	Don't need it	Need multiple alarms
Temperature lowest	Around 3:30 A.M	Around 6 A.M.
Quality of sleep	Lifelong: sleep more soundly; wake up more refreshed, usually 3.4 hours after temperature minimum, daily low point on body clock	Lifelong: get less sleep; wake up sleepier, usually 2.5 hours after temperature minimum
Nap	Rarely	Take more and longer naps; fall asleep more easily in daytime
Mid-sleep time	Around 3:30 A.M.	Around 6 A.M
Favourite exercise time	Morning	Evening
Peak heart rate	Around 11 A.M.	. Around 6 P.M
Lowest heart rate	Around 3 A.M.	Around 7 A.M.
Mood	Mood declines slightly over day	Mood rises substantially over day
Morning behaviour	Chatty	Bearish
Evening behaviour	Out of steam	Full of energy
Meal times	Eat breakfast 1-2 hours earlier than owls	Often skip breakfast; eat other meals at same times as larks on work days, 90 minutes later on days off
Favourite meal	Breakfast	Dinner