Chronobiological phase type test

May 1, 2001

1 Chronobiological phase type

This questionaire is designed to determine your chronobiological phase type. It is concerned with your activities and how much you feel awake in the morning and in the evening. In answering questions 1 to 4: Assume that you can work eight hours per day at times you are free to choose. Answer all questions. Cross only one answer. Be honest.

1. How difficult is it for you if you have to go to bed each day at 1:00 o'clock
    - (4) Very difficult. I would be terribly tired for a long time
    - (3) Quite difficult. I would be tired for some time
    - (2) Not difficult. I would feel slightly tired
    - (1) Not difficult, no problem
2. How difficult is it for you if you have to rise up each day at 6:00 o'clock?
    - (1) Very difficult. I would be terribly tired for a long time
    - (2) Quite difficult. I would be tired for some time
    - (3) Not difficult. I would feel slightly tired
    - (4) Not difficult, no problem
3. You have decided to participate in a fitness-training. Your friend proposes to train twice per week. For him/her the best time would be from 7 to 8 in the evening. How would this be for you?
    - (4) It would be optimal
    - (3) would be all right
    - (2)I would have difficulties, I would prefer a later time
    - (1) It would be too hard for me
4. You have decided to participate in a fitness-training. Your friend proposes to train twice per week. For him/her the best time would be from 23 to24 in the morning. How would this be for you?
    - (4) It would be optimal
    - (3) would be all right
    - (2)I would have difficulties, I would prefer a later time
    - (1) It would be too hard for me
5. Mark the time span in which you *normally* go to bed. The uppermost row is an example for somebody who normally goes to bed between 22:00 and 23:30 .

example				1			
20	21	22	23	24	01	02	

Mark the time span in which you *normally* wake up.

05		06		07		08		09		10		11	
(5)–>				(4)–>		(3)–>		(2)–>		(1)–>			

Are you a morning- or evening active person?

- (5) extremely morning active
- (4) moderately morning active
- (3) neither
- (2) moderately evening active
- (1) extremely evening active

The values in parenthesis should be summed up (in the examples of question 5 one would use (4) and not (5)). The chronobiological phase type can be determined using the sum of the scores in the following:

- 7-10 extreme evening type
- 11-14 evening type
- 15-21 indifference type
- 22-25 morning type
- 26-31 extreme morning type