

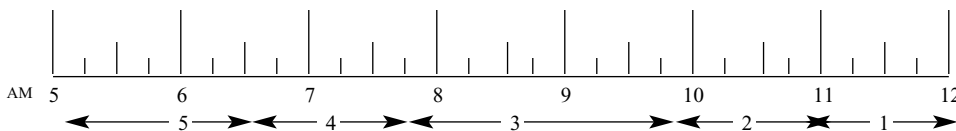
Name _____ Period _____ Date _____

HANDOUT 5-5

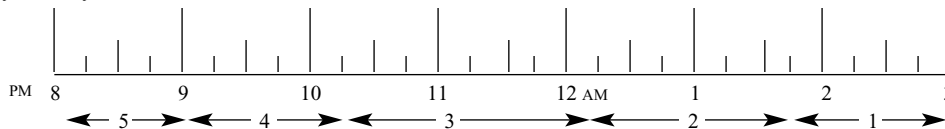
A Morningness-Eveningness Questionnaire

Instructions: For the time lines, place an “X” on the tic mark that reflects the time you choose. For all other items, mark your answer with an “X” on the appropriate line.

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



2. Considering only your own “feeling best” rhythm, at what time would you go to bed if you were entirely free to plan your day?



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|--|--------------------------------|---------|
| 3. If there is a specific time at which you have to get up in the morning, to what extent are you dependent upon being woken up by an alarm clock? | Not at all dependent..... | _____ 4 |
| | Slightly dependent..... | _____ 3 |
| | Fairly dependent..... | _____ 2 |
| | Very dependent..... | _____ 1 |
| 4. Assuming adequate environmental conditions, how easy do you find getting up in the morning? | Not at all easy..... | _____ 1 |
| | Not very easy..... | _____ 2 |
| | Fairly easy..... | _____ 3 |
| | Very easy..... | _____ 4 |
| 5. How alert do you feel during the first half-hour after having woken in the mornings? | Not at all alert..... | _____ 1 |
| | Slightly alert..... | _____ 2 |
| | Fairly alert..... | _____ 3 |
| | Very alert..... | _____ 4 |
| 6. How is your appetite during the first half-hour after having woken in the morning? | Very poor..... | _____ 1 |
| | Fairly poor..... | _____ 2 |
| | Fairly good..... | _____ 3 |
| | Very good..... | _____ 4 |
| 7. During the first half-hour after having woken in the morning, how tired do you feel? | Very tired..... | _____ 1 |
| | Fairly tired..... | _____ 2 |
| | Fairly refreshed..... | _____ 3 |
| | Very refreshed..... | _____ 4 |
| 8. When you have no commitments the next day, at what time do 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 |