

YOUR BEST TIME OF THE DAY

1. **What time would you get up if you were entirely free to plan your day?**
 - a) 5 – 6:30 am 4
 - b) 6:30 – 7:45 am 3
 - c) 7:45 – 9:45 am 2
 - d) 9:45 – noon 1

2. **At what time in the evening do you feel tired and in need of sleep?**
 - a) 8 – 9 pm 4
 - b) 9 – 10:15 pm 3
 - c) 10:15 – midnight 2
 - d) Midnight – 3:00 am 1

3. **To what extent are you dependent on an alarm clock?**
 - a) Not at all. 4
 - b) Slightly. 3
 - c) Quite a bit. 2
 - d) Very. 1

4. **How alert do you feel for the first half-hour after you get up in the morning?**
 - a) Not at all. 1
 - b) Slightly. 2
 - c) Quite a bit. 3
 - d) Very. 4

5. **If you have a demanding test to take, what time of day would you be at your best to take it?**
 - a) 8 – 10:00 am 4
 - b) 11 am – 1:00 pm 3
 - c) 3 – 5:00 pm 2
 - d) 7 – 9:00 pm 1

6. **At what time of day do you think that you reach your 'feeling best' peak?**
 - a) Midnight - 5:00 am 6
 - b) 5:00 am – 8:00 am 5
 - c) 8:00 am – noon 4
 - d) Noon – 4:00 pm 3
 - e) 4:00 pm – 9:00 pm 2
 - f) 9:00 pm – midnight 1

Scoring

Total Points _____

Definitely Morning	20 - 26
Somewhat Morning	15 - 19
Somewhat Evening	10 - 14
Definitely Evening	5 - 9

Strategies to Help You All Day

Morning -

- Have a high-protein snack as soon as you get up. Such as: yogurt, low-fat milk or soy milk or piece of cheese, one egg, protein powder 'smoothie'
- Get plenty of full-intensity light.
- Get some vigorous exercise to oxygenate your brain.
- Eat breakfast – be sure to include high fiber cereal and/or fruit

Afternoon -

- Have a high protein lunch – limit carbohydrates, they relax and make you drowsy.
- Take a 15 minute nap, if possible.
- Take a 10-15 minute walk or exercise break.
- Don't eat junk food.

Evening -

- Eat a small, balanced dinner – adjust according to your plans for the evening.
 - protein – small amounts help keep you alert and awake.
 - carbohydrates – help you relax and calm down after a busy day.
- Exercise between 5 – 7:00 pm, if you exercise later it will interfere with your sleep.
- Plan your To-Do list for the next day.
- Listen to calming music before going to bed.