

Daily Rhythm Test

Our internal body clock governs our daily or circadian rhythm - telling us when to wake up and when to feel sleepy. Circadian comes from the Latin *circa*, meaning about and *dies*, meaning day.

This test will produce a chart showing your natural sleeping and waking pattern over a 24 hour period. If you're having problems sleeping it could be your natural body clock is at odds with your routine.

1) Do you consider yourself a morning person or an evening person?

- Evening
- More evening than morning
- Can't tell
- More morning than evening
- Morning

2) At what time of day do you feel at your best?

- 5am - 9am
- 9am - 11am
- 11am - 5pm
- 5pm - 10pm
- 10pm - 1am

3) Considering only your own "feeling best" rhythm, if you were entirely free to plan your day - at what time would you go to bed?

- 8pm - 9pm
- 9pm - 10.15pm
- 10.15pm - 12.30am
- 12.30am - 1.45am
- 1.45am - 3am

4) Considering only your own "feeling best" rhythm, if you were entirely free to plan your day - at what time would you get up?

- 5.00am - 6.30am
- 6.30am - 7.45am
- 7.45am - 9.45am
- 9.45am - 11.00am
- 11.00am - Midday