

# Are You a Lark or an Owl?



TAKE THIS QUIZ TO FIND OUT



Are you an early-riser who wilts by the time 5 P.M. rolls around, or are you most productive in the middle of the night? Your natural body clock can affect the quality and quantity of rest you are getting. Take this quiz to identify if you are a lark or an owl.

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1. Imagine you are greatly enjoying a vacation that lasts as long as you wish. You have no responsibilities, no worries, and more money than you'll ever need. You can do whatever you like.

**What time would you go to bed?**

Between 8 and 9 P.M.	6 points
Between 9 and 10 P.M.	5
Between 10 and 11 P.M.	4
Between 11 P.M. and midnight	3
Between midnight and 1 A.M.	2
Between 1 A.M. and 2:30 A.M.	1
After 2:30 A.M.	0

2. You're still enjoying your very pleasant, unlimited vacation. Considering only your personal desires,

**When would you wake up?**

Before 6 A.M.	6 points
Between 6 and 7 A.M.	5
Between 7 and 8 A.M.	4
Between 8 and 9 A.M.	3
Between 9 and 10:30 A.M.	2
Between 10:30 and noon	1
After noon	0

(MORE ON BACK)

3. Though still enjoying your vacation, you're beginning to get a little stir-crazy. You think you want to start a volunteer job. It's work you've done before and that you really enjoy. It's still a job. You don't plan to overdo it. You will work only two hours at a time, continuing only if you find your tasks rewarding and entertaining.

**What two-hour shift would you pick?**

Between 5 and 7 A.M.	6 points
Between 7 and 9 A.M.	5
Between 9 and 1 P.M.	4
Between 1 P.M. and 7 P.M.	3
Between 7 and 11 P.M.	2
Between 11 P.M. and 1 A.M.	1
Between 1 A.M. and 5 A.M.	0

4. Your vacation is providing you relaxation, rest, and a profound sense of peace. Remembering the very different circumstances of your previous life, you are reminded of the times you felt free and at your best.

**At those times you would have described yourself as:**

Definitely a morning person	6 points
Probably a morning person	4
In between a morning and a night person	2
Very much a nighttime person	0

## ADD UP YOUR SCORE:

- If you scored between 17 and 24, you are a Lark.
  - If you scored between 0 and 7, consider yourself an Owl.
  - If you scored between 8 and 16, consider yourself a Sparrow.
- You are in-between, the silent majority.

Find out what your specific body rhythm means for you in *The Power of Rest*. No matter what sort of pattern you have—lark, owl, or sparrow—Dr. Matthew Edlund can teach you how to improve your habits, allowing your body to restore, renew, and replenish itself.



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