

Experiment 1

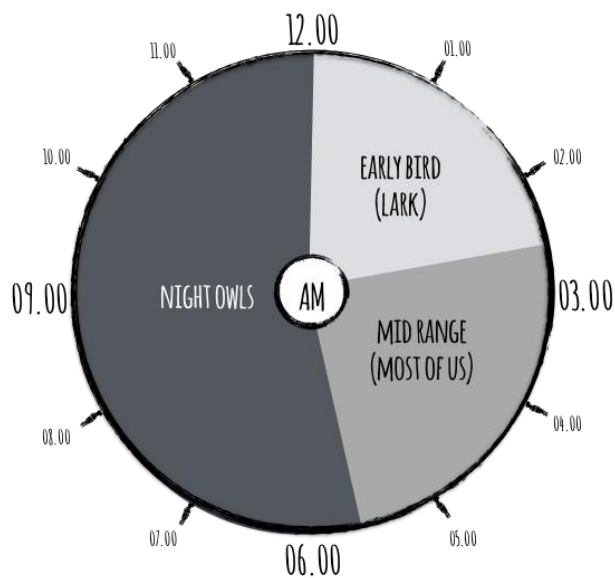
In his book *When*, Daniel Pink suggests that the simplest way to identify your natural work inclination, or chronotype, is to answer three simple questions:

1. What time do you generally go to bed at night?
2. What time do you generally wake up in the mornings?
3. What is the midpoint between those two times?

For example, if you normally go to bed at 10 pm and wake up at 6 am, your midpoint is 2 am.

Use figure 1.2 to identify your chronotype.

Figure 1.2: your chronotype



This is of course according to the rule of 'all things being equal'. If you are a shift worker, or if you have recently returned from an overseas trip and your body clock is a bit out of whack, then the results may not be accurate for you. Instead, you could try the free and anonymous online Circadian Rhythm Type Test (AutoMEQ).