**Owl or Lark Survey**

Following are some of the differences between “owls” and “larks.” Use these to guide you as you develop questions for your survey and as you decide whether the people that you interviewed are more like a lark or an owl.

**Larks:**

* Most alert around noon.Most productive late morning.
* Most active around 2:30 p.m.
* Best mood between 9 a.m. and 4 p.m. Mood declines slightly over day.
* Body temperature highest around 3:30 p.m.
* Go to bed 2 hours earlier than owls and fall asleep faster.
* Wake up when at desired time. Don’t need alarms.
* Rarely take naps. Sleep soundly at nights. Wake up feeling refreshed.
* Favorite meal is breakfast. Favorite exercise time is mornings.
* Deepest sleep around 3:30 a.m.
* Chatty in the mornings; out of steam in the evenings.

**Owls:**

* Most alert around 6 p.m.Most productive late morning and late evening.
* Most active around 5:30 p.m.
* Mood rises substantially over the day- starting from 8 a.m. to 10 p.m.
* Body temperature highest around 8 p.m.
* Have more variable bedtimes; stay up later on weekends and holidays.
* Wake up about same time as larks on weekdays, about 2 hours later on weekends. Need multiple alarms to wake up.
* Take more and longer naps; fall asleep more easily in daytime. Get less sleep; wake up sleepier.
* Favorite meal is dinner. Favorite exercise time is evenings.
* Deepest sleep around 6 a.m.
* Bearish in the mornings; full of energy in the evenings.

**Reference:** Smolensky, M. & Lamberg, L. (2000). *The Body Clock: A Guide to Better Health.* Chapter 5, Henry Holt and Company, New York. Retrieved from <http://www.nasw.org/users/llamberg/larkowl.htm> on 5/21/11.

**Are you an owl or a lark?**

Question #1:

Question #2:

Question #3:

Question #4:

Question #5:

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| **Name** | **Answer #1:** | **Answer #2:** | **Answer #3:** | **Answer #4:** | **Answer #5:** | **Owl or Lark?** |
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