

Name:

Date:

PART ONE

For the following ten statements, please circle "T" for True or "F" for False.

1. The slightest sound or light can keep me awake or wake me up.
T or F
2. Food is not a great passion for me.
T or F
3. I usually wake up before my alarm rings.
T or F
4. I can't sleep well on planes, even with an eye mask and earplugs.
T or F
5. I'm often irritable due to fatigue.
T or F
6. I worry inordinately about small details
T or F
7. I have been diagnosed by a doctor or self diagnosed as an insomniac.
T or F
8. In school, I was anxious about my grades.
T or F
9. I lose sleep ruminating about what happened in the past and what might happen in the future.
T or F
10. I'm a perfectionist.
T or F

If you marked "T" for True for seven or more of the above ten statements, you are a Dolphin.

PART TWO

1. *If you had nothing to do the next day and gave yourself permission to sleep in as long as you like, when would you wake up?*
 - a. Before 6:30 a.m. (1)
 - b. Between 6:30 a.m. and 8:45 a.m. (2)
 - c. After 8:45 a.m. (3)
2. *When you have to get out of bed by a certain time, do you use an alarm clock?*
 - a. No need. You wake up on your own at just the right time. (1)
 - b. Yes to the alarm, with no snooze or one snooze. (2)
 - c. Yes to the alarm, with backup alarm, and multiple snoozes. (3)

3. *When do you wake up on the weekends?*
 - a. The same time as your workweek schedule. (1)
 - b. Within forty-five to ninety minutes of your workweek schedule. (2)
 - c. Ninety minutes or more past your workweek schedule. (3)
4. *How do you experience jet lag?*
 - a. You struggle with it, no matter what. (1)
 - b. You adjust within forty-eight hours. (2)
 - c. You adjust quickly, especially when traveling west. (3)
5. *What's your favorite meal? (Think time of day more than the menu).*
 - a. Breakfast. (1)
 - b. Lunch. (2)
 - c. Dinner. (3)
6. *If you were to flash back to high school and take the SAT again, when would you prefer to start the test for maximum focus and concentration (not just to get it over with)?*
 - a. Early morning. (1)
 - b. Early afternoon. (2)
 - c. Mid-afternoon. (3)
7. *If you could choose any time of the day to do an intense workout, when would you do it?*
 - a. Before 8:00 a.m. (1)
 - b. Between 8:00 a.m. and 4:00 p.m. (2)
 - c. After 4:00 p.m. (3)
8. *When are you most alert?*
 - a. One to two hours post wake-up. (1)
 - b. Two to four hours post wake-up. (2)
 - c. Four to six hours post wake-up. (3)
9. *If you could choose your own five-hour workday, which block of consecutive hours would you choose?*
 - a. 4:00 a.m. to 9:00 a.m. (1)
 - b. 9:00 a.m. to 2:00 p.m. (2)
 - c. 4:00 p.m. to 9:00 p.m. (3)
10. *Do you consider yourself...*
 - a. Left brained-that is, a strategic and analytical thinker. (1)
 - b. A balanced thinker. (2)
 - c. Right brained-that is, a creative and insightful thinker. (3)
11. *Do you nap?*
 - a. Never. (1)
 - b. Sometimes on the weekend. (2)
 - c. If you took a nap, you'd be up all night. (3)
12. *If you have to do two hours of hard physical labor, like moving furniture or chopping wood, when would you choose to do it for maximum efficiency and safety (not just to get it over with)?*
 - a. 8:00 a.m. to 10:00 a.m. (1)
 - b. 11:00 a.m. to 1:00 p.m. (2)
 - c. 6:00 p.m. to 8:00 p.m. (3)

13. *Regarding your overall health, which statement sounds like you?*
- a. "I make healthy choices almost all the time." (1)
 - b. "I make healthy choices sometimes." (2)
 - c. "I struggle to make healthy choices." (3)
14. *What's your comfort level with taking risks?*
- a. Low. (1)
 - b. Medium. (2)
 - c. High. (3)
15. *Do you consider yourself:*
- a. Future-oriented with big plans and clear goals. (1)
 - b. Informed by the past, hopeful about the future, and aspiring to live in the moment. (2)
 - c. Present-oriented. It's all about what feels good now. (3)
16. *How would you characterize yourself as a student?*
- a. Stellar. (1)
 - b. Solid. (2)
 - c. Slacker. (3)
17. *When you first wake up in the morning, are you...*
- a. Bright-eyed. (1)
 - b. Dazed but not confused. (2)
 - c. Groggy, eyelids made of cement. (3)
18. *How would you describe your appetite within half an hour of waking?*
- a. Very hungry. (1)
 - b. Hungry. (2)
 - c. Not at all hungry. (3)
19. *How often do you suffer from insomnia symptoms?*
- a. Rarely, only when adjusting to a new time zone. (1)
 - b. Occasionally, when going through a rough time or are stressed out. (2)
 - c. Chronically. It comes in waves. (3)
20. *How would you describe your overall life satisfaction?*
- a. High. (1)
 - b. Good. (2)
 - c. Low. (3)

SCORING

19 to 32: **Lion**

33 to 47: **Bear**

48 to 61: **Wolf**

DOLPHIN

- **Four key personality traits-** Cautiousness, introversion, neuroticism, intelligence
- **Four key behaviors-** Avoiding risky situations, striving for perfection, obsessive-compulsive tendencies, fixating on details
- **Sleep/Alertness pattern-** Dolphins usually wake up feeling un-refreshed and are tired until late evening, when they suddenly hit their stride. Most alert: late at night. Most productive: in spurts throughout the day. Naps: they try to catch up on sleep but can't quite make it happen.

LION

- **Four key personality traits-** Conscientiousness, stability, practicality optimism
- **Four key behaviors-** Overachieving, prioritizing health and fitness, seeking positive interactions, strategizing
- **Sleep/Alertness pattern-** Lions wake up bright-eyed at dawn or earlier, start to feel tired in the late afternoon, and fall asleep easily. Most alert: noon. Most productive: morning. Naps: lions hardly ever nap. They'd rather be doing something useful.

BEAR

- **Four key personality traits-** Cautiousness, extroversion, friendly and easy to talk to, open-minded
- **Four key behaviors-** Avoiding conflict, aspiring to be healthy, prioritizing happiness, taking comfort in the familiar
- **Sleep/Alertness pattern-** Bears wake up in a daze after hitting the snooze button once or twice, start to feel tired by mid- to late evening, and sleep deeply but not as long as they'd like. Most alert: mid morning into early afternoon. Most productive: late morning. Naps: bears catch extra hours on the weekends, on the couch.

WOLF

- **Four key personality traits-** Impulsivity, pessimism, creativity, moodiness.
- **Four key behaviors-** Taking risks, prioritizing pleasure, seeking novelty, reacting with emotional intensity.
- **Sleep/Alertness pattern-** Wolves have difficulty waking up before 9:00 am (they do it, but they're not happy about it), are groggy until midday, and don't feel tired until midnight or later. Most alert: 7:00 pm. Most productive: late morning and late evening. Naps: tempting, but if a wolf sleeps during the day, he won't fall asleep at night. It's just not worth it.