

# ASSESSMENT: LARK, THIRD BIRD OR OWL?

(From Daniel Pink *When: The Scientific Secrets of Perfect Timing*)

This is a simple assessment to determine if your daily pattern follows that of a lark, third bird, or owl.

For this self-assessment think about what a free day looks like to you. This would be a day when you can get up at your preferred time, don't require an alarm clock to wake up, and you are not sleep deprived.

You can go to sleep and wake up any time you want.

Question One: What time would you typically go to sleep?

Question Two: What time do you wake up?

Question Three: Calculate your mid-point of sleep between the time you typically go to sleep and the time you wake up.

For example, if you went to sleep at 11:00 p.m. and woke up at 7:00 a.m., your mid-point of sleep would be 3:00 a.m.

Refer to the chart below to determine your daily pattern – lark, third bird, or owl and to learn how to best time your activities accordingly.