

EXPERIMENT #03:

Morning / Eveningness Questionnaire (MEQ)



For each question, please select the answer that best describes you. Make a note of the number of points (shown in the square brackets) next to your answer. Add up all of your points to get your result.

1. Approximately what time would you get up if you were entirely free to plan your day?

- [1] 11:00 AM–12:00 PM (noon)
- [2] 09:45 AM–11:00 AM
- [3] 07:45 AM–09:45 AM
- [4] 06:30 AM–07:45 AM
- [5] 05:00 AM–06:30 AM

Your
answer

2. Approximately what time would you go to bed if you were entirely free to plan your evening?

- [1] 01:45 AM–03:00 AM
- [2] 12:30 AM–01:45 AM
- [3] 10:15 PM–12:30 AM
- [4] 09:00 PM–10:15 PM
- [5] 08:00 PM–09:00 PM

Your
answer

3. If you usually have to get up at a specific time in the morning, how much do you depend on an alarm clock?

- [1] Very dependent
- [2] Fairly dependent
- [3] Slightly dependent
- [4] Not at all dependent

Your
answer

4. How easy do you find it to get up in the morning (when you are not awakened unexpectedly)?

- [1] Very difficult
- [2] Somewhat difficult
- [3] Fairly easy
- [4] Very easy

Your
answer

5. How alert do you feel during the first half hour after you wake up in the morning?

- [1] Not at all alert
- [2] Slightly alert
- [3] Fairly alert
- [4] Very alert

Your
answer

6. How hungry do you feel during the first half hour after you wake up?

- [1] Not at all hungry
- [2] Slightly hungry
- [3] Fairly hungry
- [4] Very hungry

Your
answer

7. During the first half hour after you wake up in the morning, how do you feel?

- [1] Very tired
- [2] Fairly tired
- [3] Fairly refreshed
- [4] Very refreshed

Your
answer

8. If you had no commitments the next day, what time would you go to bed compared to your usual bedtime?

- [1] More than 2 hours later
- [2] 1-2 hours later
- [3] Less than 1 hour later
- [4] Seldom or never later

Your
answer

9. You and a friend have decided to do some physical exercise. Your friend suggests that you do this for one hour twice a week, and the best time for him/her is between 7-8 AM. Bearing in mind nothing but your own internal "clock," how do you think you would perform?

- [1] Would find it very difficult
- [2] Would find it difficult
- [3] Would be in reasonable form
- [4] Would be in good form

Your
answer

10. What time in the evening do you start to feel tired and in need of sleep?

- [1] 02:00 AM–03:00 AM
- [2] 12:45 AM–02:00 AM
- [3] 10:15 PM–12:45 AM
- [4] 09:00 PM–10:15 PM
- [5] 08:00 PM–09:00 PM

Your
answer

11. You want to be at your peak performance for a test that you know is going to be mentally exhausting and will last two hours. You are entirely free to plan your day. Considering only your "internal clock," which one of the four testing times would you choose?

- [0] 7 PM–9 PM
- [2] 3 PM–5 PM
- [4] 11 AM–1 PM
- [6] 8 AM–10 AM

Your
answer

12. If you got into bed at 11 PM how tired would you be?

- [0] Not at all tired
- [2] A little tired
- [3] Fairly tired
- [5] Very tired

Your
answer

13. For some reason you have gone to bed several hours later than usual, but there is no need to get up at any particular time the next morning. Which one of the following are you most likely to do?

- [1] Will not wake up until later than usual
- [2] Will wake up at usual time, but will fall asleep again
- [3] Will wake up at usual time and will doze thereafter
- [4] Will wake up at usual time, but will not fall back asleep

Your
answer

14. One night you have to remain awake between 4-6 AM in order to carry out a night watch. You have no time commitments the next day. Which one of the alternatives would suit you best?

- [1] Would not go to bed until the watch is over
- [2] Would take a nap before and sleep after
- [3] Would take a good sleep before and nap after
- [4] Would sleep only before the watch

Your
answer

15. You have two hours of hard physical work to do. You are entirely free to plan your day. Considering only your internal "clock," which of the following times would you choose?

- [1] 7 PM–9 PM
- [2] 3 PM–5 PM
- [3] 11 AM–1 PM
- [4] 8 AM–10 AM

Your
answer

16. You and a friend have decided to do physical exercise. A friend suggests that you do this for one hour twice a week. The best time for him/her is between 10-11 PM. Bearing in mind only your internal "clock," how well do you think you would perform?

- [1] Would be in good form
- [2] Would be in reasonable form
- [3] Would find it difficult
- [4] Would find it very difficult

Your
answer

17. Suppose you can choose your own work hours. Assume that you work a five-hour day (including breaks), your job is interesting, and you are paid based on your performance. At approximately what time would you choose to begin?

- [1] 5 hours starting between 5 PM–4 AM
- [2] 5 hours starting between 2–5 PM
- [3] 5 hours starting between 9 AM–2 PM
- [4] 5 hours starting between 8–9 AM
- [5] 5 hours starting between 4–8 AM

Your
answer

18. At approximately what time of day do you usually feel your best?

- [1] 10 PM–5 AM
- [2] 5–10 PM
- [3] 10 AM–5 PM
- [4] 8–10 AM
- [5] 5–8 AM

Your
answer

19. One hears about “morning types” and “evening types.” Which one of these types do you consider yourself to be?

- [1] Definitely an evening type
- [2] Rather more an evening type than a morning type
- [4] Rather more a morning type than an evening type
- [6] Definitely a morning type

Your
answer

YOUR RESULT

TOTAL

Your total points for all 19 questions =

For those under 35 years of age

Type	Points
Definitely evening type	16-30
Moderately evening type	31-41
Neither type	42-58
Moderately morning type	59-69
Definitely morning type	70-86

For those 35 years of age or over

Type	Points
Definitely evening type	16-46
Moderately evening type	47-52
Neither type	53-64
Moderately morning type	65-69
Definitely morning type	70-86

Acknowledgement and more information

This test is based on the test in “A self-assessment questionnaire to determine morningness-eveningness in human circadian rhythms” by JA Horne & O Ostberg, - International Journal of Chronobiology, 1976, Volume 4, pages 97-110