

MORNINGNESS-EVENINGNESS QUESTIONNAIRE (revised)¹

Name: _____ Date: _____

For each question, please select the answer that best describes you by checking the corresponding box. Make your judgments based on how you have felt in recent weeks.

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

- 5:00 a.m. – 6:30 a.m.
- 6:30 a.m. – 7:45 a.m.
- 7:45 a.m. – 9:45 a.m.
- 9:45 a.m. – 11:00 a.m.
- 11:00 a.m. – 12 noon

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5
4
3
2
1

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

- 8:00 p.m. – 9:00 p.m.
- 9:00 p.m. – 10:15 p.m.
- 10:15 p.m. – 12:30 a.m.
- 12:30 a.m. – 1:45 a.m.
- 1:45 a.m. – 3:00 a.m.

5
4
3
2
1

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

- Not at all
- Slightly
- Somewhat
- Very much

4
3
2
1

¹Some stem questions and item choices have been rephrased from the original instrument (Horne and Östberg, 1976) to conform with spoken American English. Discrete item choices have been substituted for continuous graphic scales. Prepared by Terman M, Rifkin JB, Jacobs J, and White TM. New York State Psychiatric Institute, 1051 Riverside Drive, Unit 50, New York, NY, 10032. Supported by NIH Grant MH42931. *See also:* automated version (AutoMEQ) at www.cet.org.

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

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

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

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

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

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

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

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

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

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

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| 9. You have decided to do physical exercise. A friend suggests that you do this for one hour twice a week, and the best time for him is between 7-8 a.m. Bearing in mind nothing but your own internal “clock,” how do you think you would perform? | Leave
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blank: |
| <input type="checkbox"/> Would be in good form | 4 |
| <input type="checkbox"/> Would be in reasonable form | 3 |
| <input type="checkbox"/> Would find it difficult | 2 |
| <input type="checkbox"/> Would find it very difficult | 1 |
| 10. At <i>approximately</i> what time in the evening do you feel tired, and, as a result, in need of sleep? | |
| <input type="checkbox"/> 8:00 p.m. – 9:00 p.m. | 5 |
| <input type="checkbox"/> 9:00 p.m. – 10:15 p.m. | 4 |
| <input type="checkbox"/> 10:15 p.m. – 12:45 a.m. | 3 |
| <input type="checkbox"/> 12:45 a.m. – 2:00 a.m. | 2 |
| <input type="checkbox"/> 2:00 a.m. – 3:00 a.m. | 1 |
| 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? | |
| <input type="checkbox"/> 8 a.m. – 10 a.m. | 6 |
| <input type="checkbox"/> 11 a.m. – 1 p.m. | 4 |
| <input type="checkbox"/> 3 p.m. – 5 p.m. | 2 |
| <input type="checkbox"/> 7p.m. – 9 p.m. | 0 |
| 12. If you got into bed at 11 p.m., how tired would you be? | |
| <input type="checkbox"/> Not at all tired | 0 |
| <input type="checkbox"/> A little tired | 2 |
| <input type="checkbox"/> Fairly tired | 3 |
| <input type="checkbox"/> Very tired | 5 |

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| 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? | Leave
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| <input type="checkbox"/> Will wake up at usual time, but will not fall back asleep | 4 |
| <input type="checkbox"/> Will wake up at usual time and will doze thereafter | 3 |
| <input type="checkbox"/> Will wake up at usual time, but will fall asleep again | 2 |
| <input type="checkbox"/> Will not wake up until later than usual | 1 |
| 14. One night you have to remain awake between 4-6 a.m. 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? | |
| <input type="checkbox"/> Would not go to bed until the watch is over | 1 |
| <input type="checkbox"/> Would take a nap before and sleep after | 2 |
| <input type="checkbox"/> Would take a good sleep before and nap after | 3 |
| <input type="checkbox"/> Would sleep only before the watch | 4 |
| 15. You have two hours of hard physical work. You are entirely free to plan your day. Considering only your internal "clock," which of the following times would you choose? | |
| <input type="checkbox"/> 8 a.m. – 10 a.m. | 4 |
| <input type="checkbox"/> 11 a.m. – 1 p.m. | 3 |
| <input type="checkbox"/> 3 p.m. – 5 p.m. | 2 |
| <input type="checkbox"/> 7p.m. – 9 p.m. | 1 |
| 16. You have decided to do physical exercise. A friend suggests that you do this for one hour twice a week. The best time for her is between 10-11 p.m. Bearing in mind only your internal "clock," how well do you think you would perform? | |
| <input type="checkbox"/> Would be in good form | 1 |
| <input type="checkbox"/> Would be in reasonable form | 2 |
| <input type="checkbox"/> Would find it difficult | 3 |
| <input type="checkbox"/> Would find it very difficult | 4 |

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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?

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|---|---|
| <input type="checkbox"/> 5 hours starting between 4:00 – 8:00 a.m. | 5 |
| <input type="checkbox"/> 5 hours starting between 8:00 – 9:00 a.m. | 4 |
| <input type="checkbox"/> 5 hours starting between 9:00 a.m. – 2:00 p.m. | 3 |
| <input type="checkbox"/> 5 hours starting between 2:00 – 5:00 p.m. | 2 |
| <input type="checkbox"/> 5 hours starting between 5:00 p.m. – 4:00 a.m. | 1 |

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

- | | |
|---|---|
| <input type="checkbox"/> 5:00 a.m. – 8:00 a.m. | 5 |
| <input type="checkbox"/> 8:00 a.m. – 10:00 a.m. | 4 |
| <input type="checkbox"/> 10:00 a.m. – 5:00 p.m. | 3 |
| <input type="checkbox"/> 5:00 p.m. – 10:00 p.m. | 2 |
| <input type="checkbox"/> 10:00 p.m. – 5:00 a.m. | 1 |

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

- | | |
|--|---|
| <input type="checkbox"/> Definitely a morning type | 6 |
| <input type="checkbox"/> Rather more a morning type than an evening type | 4 |
| <input type="checkbox"/> Rather more an evening type than a morning type | 2 |
| <input type="checkbox"/> Definitely an evening type | 0 |

Total: _____