



# CHRONOTYPE

What is your personal Circadian Rhythm?

*Identify your rhythm here to optimize Sleep, Energy, and productivity*



## Are you a Morning Lark or Night Owl? <sup>1</sup>



### Morning Types “Morning Larks” – Roughly 40% of the population

- Wake around dawn (Like JC): Bed by 9pm, Up at 5am)
- Function best in early in the day; slump late afternoon



### Evening Types “Night Owls” – Roughly 30% of the population

- Late to bed, late to wake up – High performance later in the day
- Forced to get up early? Brain needs time to come online.

1. *Why We Sleep* (Matt Walker, 2017)

## Alternative Classification: 4 Animal Profiles



### The Lion – First to bed, first to wake up (Earlier than Bears )

Closest to Morning Lark; best energy in first half of the day



### The Bear – Sleep after sunset, Wake around sunrise (~50% people)

More productive before noon; energy may drop 2-4pm



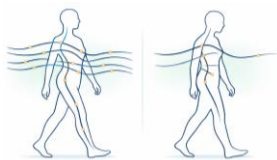
### The Wolf – Stays up after dark, sleeps long past sunrise

Closest to Night Owl – Most productive in the afternoon



### The Dolphin – Outlier – no particular sleep schedule

More productive mid day (10am – 2pm); sleep easily disrupted



## Society Bias – Reward Morning Larks, Penalizes Night Owls

Evidence shows its genetics, not choice. Hard for night owls to go to bed early enough for standard work-day start times.

Let Night Owls work within their rhythm? Performance goes up!

Explore links to expert resource details at  
[AgeSmartLiving.com/playbooks/circadian-rhythm](https://AgeSmartLiving.com/playbooks/circadian-rhythm)