

Name: \_\_\_\_\_

SID: \_\_\_\_\_

## Your Best Time of the Day

\*\* This assignment is to be turned in during the fourth lecture on **Tuesday, October 28<sup>th</sup>\*\***

1. **What time would you get up if you were entirely free to plan your day?**
  - a) 5:00 – 6:30 am (4 points)
  - b) 6:30 – 7:45 am (3)
  - c) 7:45 – 9:45 am (2)
  - d) 9:45 – Noon (1)
  
2. **At what time in the evening do you feel tired and in need of sleep?**
  - a) 8:00 – 9:00 pm (4)
  - b) 9:00 – 10:15 pm (3)
  - c) 10:15 - Midnight (2)
  - d) Midnight – 3:00 am (1)
  
3. **To what extent are you dependent on an alarm clock?**
  - a) Not at all. (4)
  - b) Slightly (3)
  - c) Quite a bit. (2)
  - d) Very. (1)
  
4. **How alert do you feel for the first half-hour after you get up in the morning?**
  - a) Not at all. (4)
  - b) Slightly (3)
  - c) Quite a bit. (2)
  - d) Very. (1)
  
5. **If you have a demanding test to take, what time of day would you be at your best to take it?**
  - a) 8- 10:00 am (4)
  - b) 11:00 am – 1:00 pm (3)
  - c) 3:00 – 5:00 pm (2)
  - d) 7:00 – 9:00 pm (1)
  
6. **At what time of day do you think that you reach your 'feeling best' peak?**
  - a) Midnight – 5:00 am (6)
  - b) 5:00 am – 8:00 am (5)
  - c) 8:00 am – Noon (4)
  - d) Noon – 4:00 pm (3)
  - e) 4:00 pm – 9:00 pm (2)
  - f) 9:00 pm – Midnight (1)

**Total Points:** \_\_\_\_\_

\*Please see next page for interpretation of your Best Time of Day Score and some helpful strategies for getting the most out of your day.

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### Score Guide:

| Points  | Your Best Time of Day |
|---------|-----------------------|
| 20 – 26 | Definitely Morning    |
| 15 – 19 | Somewhat Morning      |
| 10 – 14 | Somewhat Evening      |
| 5 – 9   | Definitely Evening    |

### Strategies to Help You All Day

#### Morning

- Have a high-protein snack as soon as you get up. Such as: yogurt, low-fat milk or soy milk or piece of cheese, one egg, protein powder 'smoothie'
- Get plenty of full-intensity light.
- Eat breakfast – be sure to include high fiber cereal and/or fruit

#### Afternoon

- Have a high protein lunch – limit carbohydrates, they relax and make you drowsy.
- Take a 15 minute nap, if possible.
- Take a 10-15 minutes walk or exercise break.
- Don't eat junk food.

#### Evening

- Eat a small, balanced dinner – adjust according to your plans for the evening.
  - Protein – small amounts to help keep you alert and awake.
  - Carbohydrates – help you relax and calm down after a busy day.
- Exercise between 5 – 7:00 pm, if you exercise later it will interfere with your sleep.
- Plan your To-Do list for the next day.
- Listen to calming music before going to bed.