



The Energy Cycle Inventory

This questionnaire will help you determine what time of day you function best. This may help you set up your class schedule and understand why you might benefit better from studying at specific times during the day. Mark each statement True or False in the appropriate column. Try to choose the answer that usually applies to you.

	<u>True</u>	<u>False</u>
1. It is usually very hard to get out of bed.	_____	_____ +
2. It is easy for me to stay in bed until noon.	_____ ~	_____ + >
3. I don't like to go to bed at night.	_____ *	_____ >
4. I get tired and sleepy in the afternoon.	_____	_____ ~
5. It takes me until midmorning before I feel awake.	_____ * ~ >	_____ +
6. I enjoy morning classes.	_____ +	_____ > ~ *
7. I study best in the morning.	_____ +	_____
8. I like to do most of my homework in the afternoon, after school.	_____ ~	_____ >
9. I would like to have all my classes in the afternoon.	_____ ~ >	_____ +
10. I study best before noon.	_____ >	_____
11. I study best after lunch.	_____ ~	_____
12. I study best after dinner.	_____ *	_____
13. I study best late at night.	_____ *	_____ +
14. I study best before dinner.	_____ ~	_____
15. I would enjoy going to school only at night.	_____ *	_____ + > ~



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16. I like to do most of my homework in the evening, _____ * _____ + >
after dinner.
17. I enjoy staying up all night. _____ * _____ + > ~
18. I like to get up early in the morning to study _____ + _____ > ~ *
difficult subjects.
19. I get sleepy late at night and don't remember _____ *
what I study.
20. After I go to bed it takes me a long time to _____ * _____
get to sleep.

Total the number of responses for each category here:

+ _____ > _____ ~ _____ * _____

If you scored highest in:

- + Your best time is most likely in the morning.
- > Your best time is most likely late morning, early afternoon.
- ~ Your best time is most likely afternoon, early evening.
- * Your best time is most likely late evening, and night.