

Morningness Eveningness Questionnaire (MEQ)

Personal Details

Full Name: _____

Date of Birth: _____

Gender:

- Male
- Female
- Other

Contact Number: _____

Email Address: _____

Instructions

Please answer the following questions based on your natural tendencies and preferences. There are no right or wrong answers. Your honest responses will help determine your chronotype.

Considering only your own feeling best rhythm, at what time would you get up if you were entirely free to plan your day?

- 5:00 - 6:30 AM - 5 points
- 6:30 - 7:45 AM - 4 points
- 7:45 - 9:45 AM - 3 points
- 9:45 - 11:00 AM - 2 points
- 11:00 AM - 12:00 PM - 1 point

At what time of the day do you feel you become tired due to the need for sleep?

- 8:00 - 9:00 PM - 5 points
- 9:00 - 10:15 PM - 4 points
- 10:15 PM - 12:45 AM - 3 points
- 12:45 - 2:00 AM - 2 points
- 2:00 - 3:00 AM - 1 point

How easy do you find it to get up in the morning?

- Very difficult - 1 point
- Somewhat difficult - 2 points
- Neither easy nor difficult - 3 points
- Fairly easy - 4 points
- Very easy - 5 points

How alert do you feel during the first half hour after waking up in the morning?

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

If you had no commitments the next day, what time would you go to bed?

- 8:00 - 9:00 PM - 5 points
- 9:00 - 10:45 PM - 4 points
- 10:45 PM - 12:30 AM - 3 points
- 12:30 - 1:45 AM - 2 points
- 1:45 - 3:00 AM - 1 point

Scoring

Please tally your scores based on your selected answers. Each time range or option corresponds to a specific score. Add up your scores to get your total.

Total Score: _____

Interpretation

Recommendations

Based on your score, it's recommended to:

- Adjust your daily activities to align with your natural rhythm.
- Consider discussing your chronotype with your employer or academic institution for potential adjustments.
- Implement sleep hygiene practices to improve sleep quality.

Comments

Signature: _____ Date: _____