

# 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: \_\_\_\_\_