

Morningness/Eveningness Questionnaire (Adan, Almirall, 1991)⁷

Select a response for each item that best describes you, and then add the scores.

Question	Response	Score
Considering only your own "feeling best" rhythms, at what time would you get up if you were entirely free to plan your day?	5 a.m. – 6:30 a.m.	5
	6:30 a.m. – 7:45 a.m.	4
	7:45 a.m. – 9:45 a.m.	3
	9:45 a.m. – 11 a.m.	2
	11 a.m. – 12 noon	1
During the first half hour after awakening in the morning, how tired do you feel?	Very tired	1
	Fairly tired	2
	Fairly refreshed	3
	Very refreshed	4
At what time in the evening do you feel tired and in need of sleep?	8 p.m. – 9 p.m.	5
	9 p.m. – 10:15 p.m.	4
	10:15 p.m. – 12:30 a.m.	3
	12:30 a.m. – 1:45 a.m.	2
	1:45 a.m. – 3 a.m.	1
At what time of the day do you think that you reach your "feeling best" peak?	10 p.m. – 5 a.m.	1
	5 p.m. – 10 p.m.	2
	10 a.m. – 5 p.m.	3
	8 a.m. – 10 a.m.	4
	5 a.m. – 8 a.m.	5
One hears about "morning" and "evening" types of people. Which one of these types do you consider yourself to be?	Definitely a "morning" type	6
	Rather more a "morning" than "evening" type	4
	Rather more an "evening" than "morning" type	2
	Definitely an "evening" type	0

A sum of the scores will range from 4 to 25. The smallest total scores suggest an evening type and the highest scores suggest a morning type. However, research evidence is insufficient to support the validity and reliability of a morningness/eveningness questionnaire score to predict a person's ability to adapt to night shifts.