

<b>HORNE- OSTBERG</b>  <b>MORNINGNESS – EVENINGNESS SCALE</b>		SURNAME Mr/Mrs/Miss	
		FIRST NAMES	
		CASE No	DOB
	<b>DATE</b>		
	<b>Select the most appropriate answer for each of the following SEVEN questions:</b>		
1.	If you were entirely free to plan your evening and had no commitments the next day, at what time would you choose to go to bed?		
	20:00hrs - 21:00hrs	5	
	21:00hrs - 22:15hrs	4	
	22:15hrs - 00:30hrs	3	
	00:30hrs - 01:45hrs	2	
	01:45hrs - 03:00hrs	1	
2.	You have to do 2 hours of physically hard work. If you were entirely free to plan your day, in which of the following periods would you choose to do the work?		
	08:00hrs - 10:00hrs	4	
	11:00hrs - 13:00hrs	3	
	15:00hrs - 17:00hrs	2	
	19:00hrs - 21:00hrs	1	
3.	For some reason you have gone to bed several hours later than normal, but there is no need to get up at a particular time the next morning. Which of the following is most likely to occur?		
	Will wake up at the usual time and not fall asleep again	4	
	Will wake up at the usual time and doze thereafter	3	
	Will wake up at the usual time but will fall asleep again	2	
	Will not wake up until later than usual	1	
4.	You have a 2 hour test to sit which you know will be mentally exhausting. If you were entirely free to choose, in which of the following periods would you choose to sit the test?		
	08:00hrs - 10:00hrs	4	
	11:00hrs - 13:00hrs	3	
	15:00hrs - 17:00hrs	2	
	19:00hrs - 21:00hrs	1	

5.	<p>If you have no commitments the next day and were entirely free to plan your own day, what time would you get up?</p> <table border="1" data-bbox="256 203 1508 501"> <tr> <td data-bbox="256 203 799 264">05:00hrs - 06:30hrs</td> <td data-bbox="804 203 922 264">5</td> <td data-bbox="927 203 1045 264"></td> <td data-bbox="1050 203 1508 264"></td> </tr> <tr> <td data-bbox="256 264 799 324">06:30hrs - 07:45hrs</td> <td data-bbox="804 264 922 324">4</td> <td data-bbox="927 264 1045 324"></td> <td data-bbox="1050 264 1508 324"></td> </tr> <tr> <td data-bbox="256 324 799 385">07:45hrs - 09:45hrs</td> <td data-bbox="804 324 922 385">3</td> <td data-bbox="927 324 1045 385"></td> <td data-bbox="1050 324 1508 385"></td> </tr> <tr> <td data-bbox="256 385 799 445">09:45hrs - 11:00hrs</td> <td data-bbox="804 385 922 445">2</td> <td data-bbox="927 385 1045 445"></td> <td data-bbox="1050 385 1508 445"></td> </tr> <tr> <td data-bbox="256 445 799 501">11:00hrs - 12:00hrs</td> <td data-bbox="804 445 922 501">1</td> <td data-bbox="927 445 1045 501"></td> <td data-bbox="1050 445 1508 501"></td> </tr> </table>	05:00hrs - 06:30hrs	5			06:30hrs - 07:45hrs	4			07:45hrs - 09:45hrs	3			09:45hrs - 11:00hrs	2			11:00hrs - 12:00hrs	1		
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6.	<p>A friend has asked you to join him twice a week for a workout in the gym. The best time for him is between 10 and 11pm bearing nothing else in mind other than how you normally feel in the evening, how do you think you would perform?</p> <table border="1" data-bbox="256 689 1508 958"> <tr> <td data-bbox="256 689 612 772">Very well</td> <td data-bbox="617 689 746 772">1</td> <td data-bbox="751 689 869 772"></td> <td data-bbox="874 689 1508 772"></td> </tr> <tr> <td data-bbox="256 772 612 833">Reasonably well</td> <td data-bbox="617 772 746 833">2</td> <td data-bbox="751 772 869 833"></td> <td data-bbox="874 772 1508 833"></td> </tr> <tr> <td data-bbox="256 833 612 893">Poorly</td> <td data-bbox="617 833 746 893">3</td> <td data-bbox="751 833 869 893"></td> <td data-bbox="874 833 1508 893"></td> </tr> <tr> <td data-bbox="256 893 612 958">Very poorly</td> <td data-bbox="617 893 746 958">4</td> <td data-bbox="751 893 869 958"></td> <td data-bbox="874 893 1508 958"></td> </tr> </table>	Very well	1			Reasonably well	2			Poorly	3			Very poorly	4						
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7.	<p>One hears about “morning” and “evenings” types of people. Which of these do you consider yourself to be?</p> <table border="1" data-bbox="256 1099 1508 1335"> <tr> <td data-bbox="256 1099 927 1160">Definitely morning type</td> <td data-bbox="932 1099 1050 1160">6</td> <td data-bbox="1054 1099 1173 1160"></td> <td data-bbox="1177 1099 1508 1160"></td> </tr> <tr> <td data-bbox="256 1160 927 1220">More a morning than an evening type</td> <td data-bbox="932 1160 1050 1220">4</td> <td data-bbox="1054 1160 1173 1220"></td> <td data-bbox="1177 1160 1508 1220"></td> </tr> <tr> <td data-bbox="256 1220 927 1281">More an evening than a morning type</td> <td data-bbox="932 1220 1050 1281">2</td> <td data-bbox="1054 1220 1173 1281"></td> <td data-bbox="1177 1220 1508 1281"></td> </tr> <tr> <td data-bbox="256 1281 927 1335">Definitely an evening type</td> <td data-bbox="932 1281 1050 1335">0</td> <td data-bbox="1054 1281 1173 1335"></td> <td data-bbox="1177 1281 1508 1335"></td> </tr> </table>	Definitely morning type	6			More a morning than an evening type	4			More an evening than a morning type	2			Definitely an evening type	0						
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	<p><b>TOTAL =            / 32</b> <span style="float: right;">(DM32-28_MM27-23_N22-16_ME15-11_DE10-6)</span></p>																				