

FACTS ABOUT CHRONOTYPE

What is chronotype?

Circadian rhythms are 24-hour daily cycles in your body that control things like hormone levels, body temperature, sleep patterns, and mood.

Your **chronotype** is your circadian preference, and describes your natural inclination for when you like to go to sleep and wake up.



Chronotypes



Morning people (larks)

Prefer to go to bed early (before 11pm) and wake up early (before 7am)

Evening people (owls)

Prefer to go to bed late (after 1am) and wake up late (after 9am)

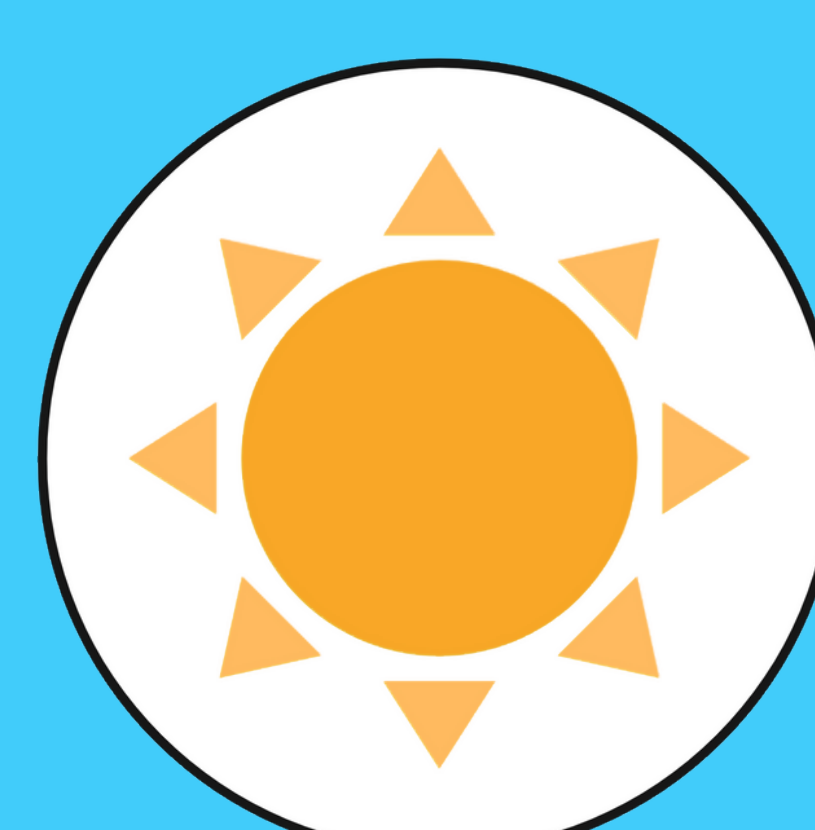
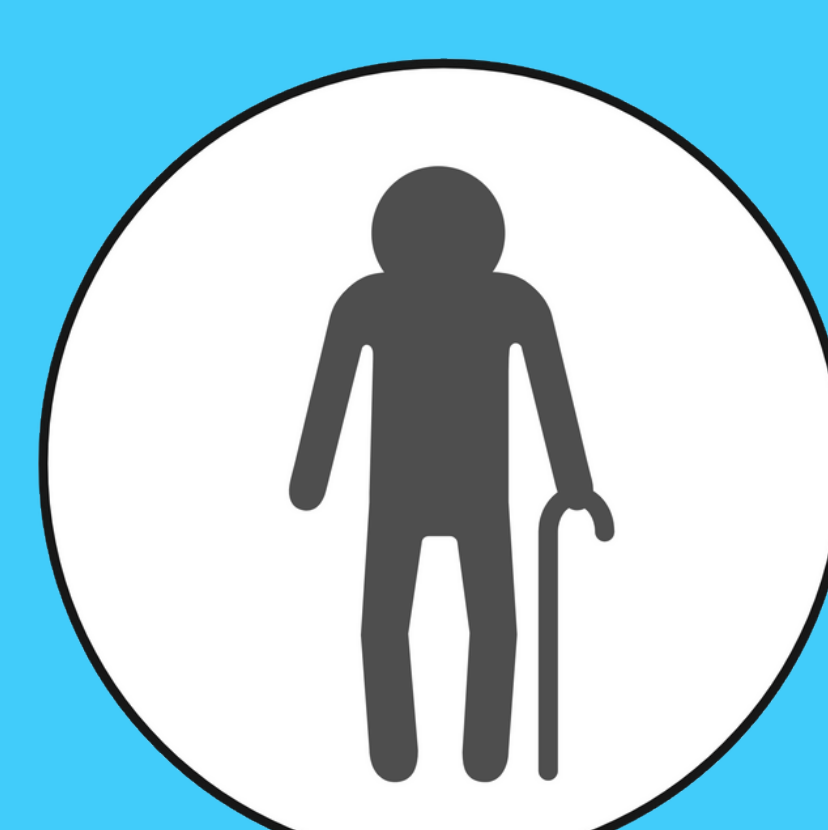


Intermediates

Most people fall somewhere in between or have only a "slight" morning or evening preference

Age

Children are more likely to be morning types. Adolescents tend to be evening types. As people get older, they gradually shift towards increased morningness.

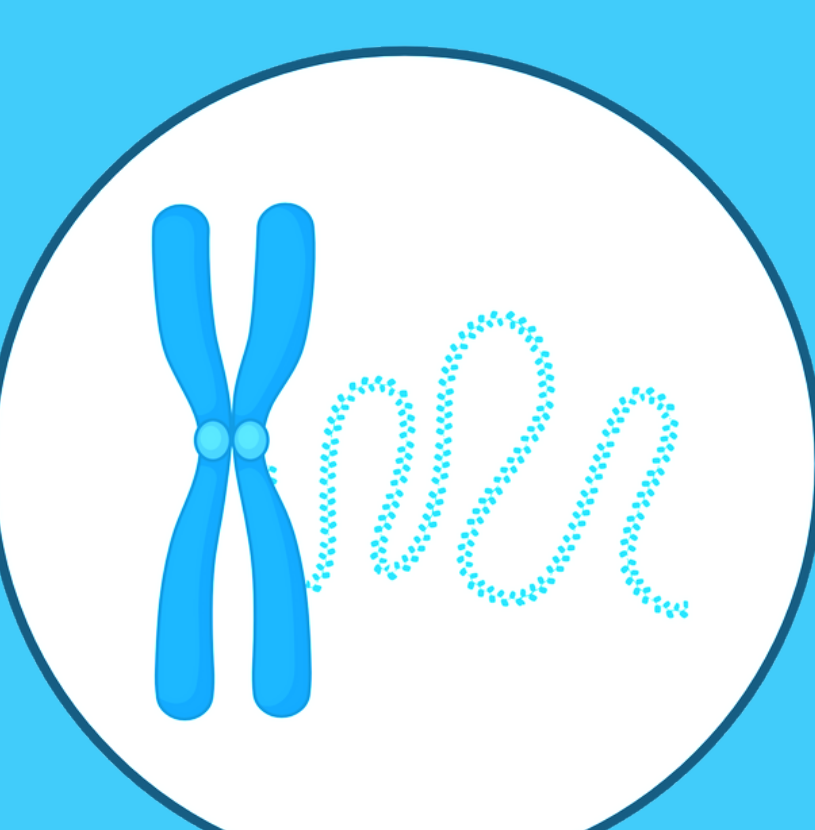
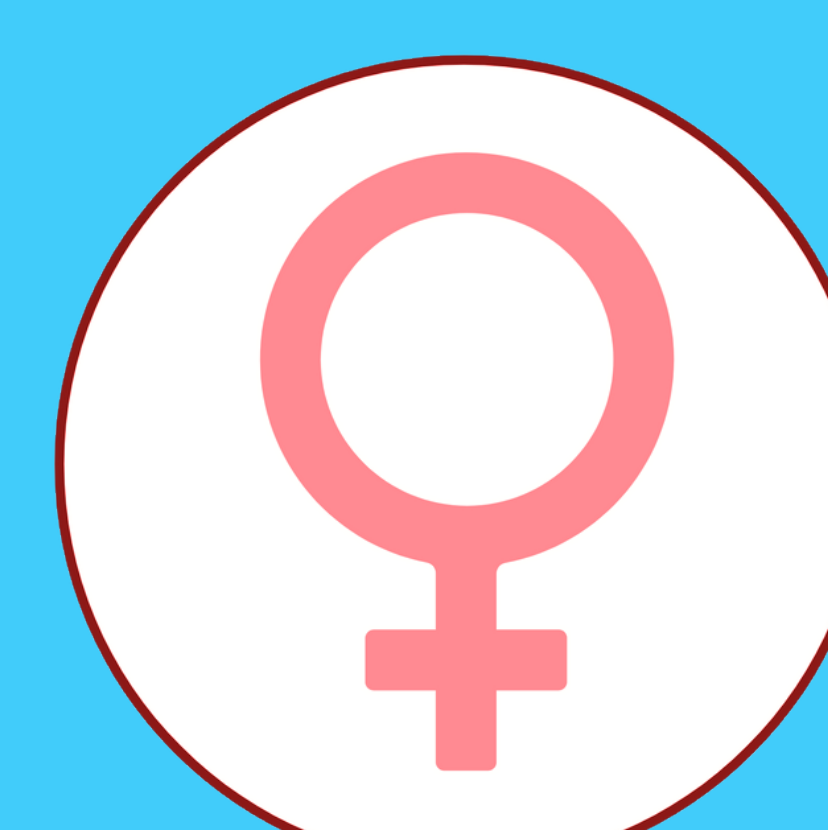


Light exposure

Exposure to light in the evening (before sleeping) delays sleep timings. On the other hand, exposure to light in the morning advances the time that you wake up.

Sex

Women have a stronger inclination towards morningness than men during most of adulthood. However, this difference appears to be reduced after middle age (> 50 years).



Genes

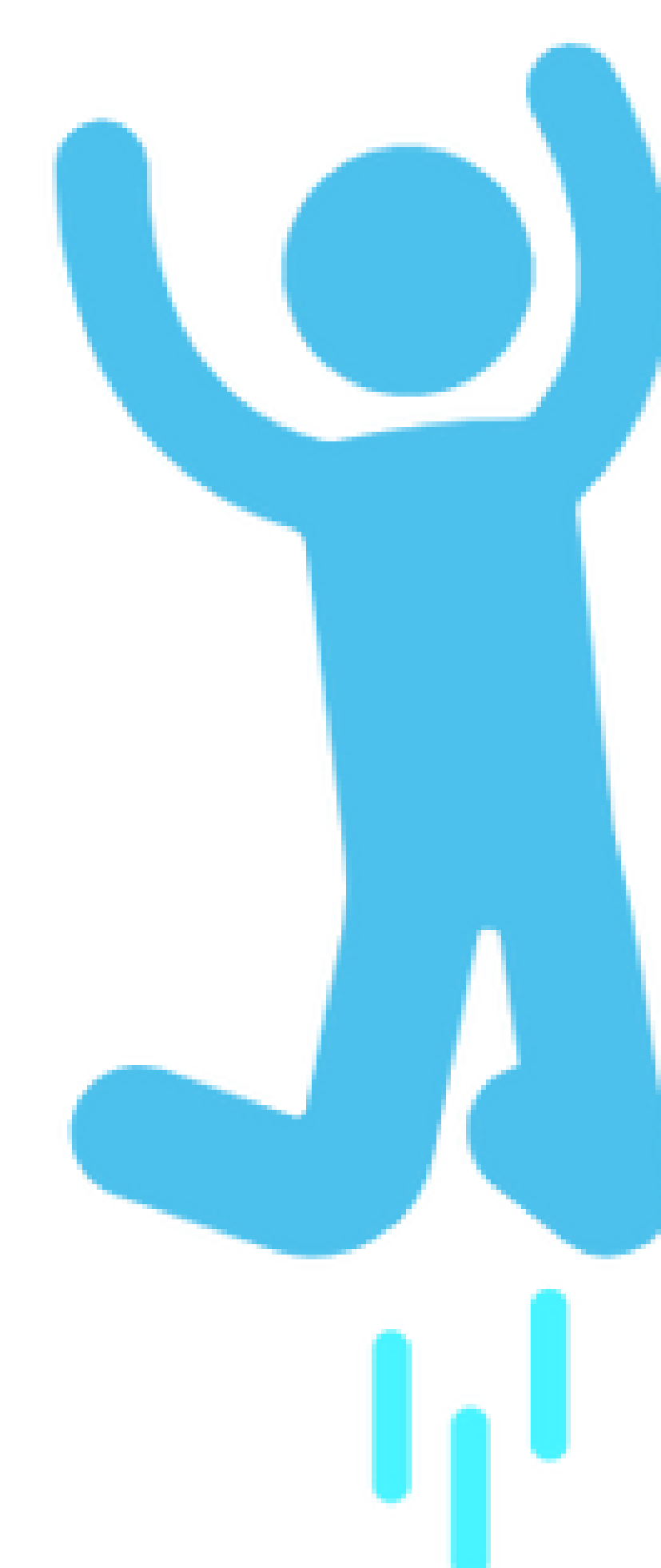
A significant proportion of an individual's circadian preferences may be determined by the 'clock' genes encoded in their genome.

What influences your chronotype?

Chronotype awareness

Knowing whether you are a lark or a night owl not only helps your own sleep patterns but also allows you to plan your day. To figure out your chronotype, think about:

- At what time do you feel most alert?
- When do you feel most tired?



Physiological effects of chronotype

Chronotype affects almost all daily physiological rhythms including:

- Body temperature
- Melatonin secretion
- Cortisol levels

