Your Best Time of the Day

** This assignment is to be turned in during the fourth lecture on Tuesday, October 20th.**

1. **What time would you get up if you were entirely free to plan your day?**
   a) 5:00 – 6:30 am (4 points)
   b) 6:30 – 7:45 am (3)
   c) 7:45 – 9:45 am (2)
   d) 9:45 – Noon (1)

2. **At what time in the evening do you feel tired and in need of sleep?**
   a) 8:00 – 9:00 pm (4)
   b) 9:00 – 10:15 pm (3)
   c) 10:15 - Midnight (2)
   d) Midnight – 3:00 am (1)

3. **To what extent are you dependent on an alarm clock?**
   a) Not at all. (4)
   b) Slightly (3)
   c) Quite a bit. (2)
   d) Very. (1)

4. **How alert do you feel for the first half-hour after you get up in the morning?**
   a) Not at all. (4)
   b) Slightly (3)
   c) Quite a bit. (2)
   d) Very. (1)

5. **If you have a demanding test to take, what time of day would you be at your best to take it?**
   a) 8-10:00 am (4)
   b) 11:00 am – 1:00 pm (3)
   c) 3:00 – 5:00 pm (2)
   d) 7:00 – 9:00 pm (1)

6. **At what time of day do you think that you reach your ‘feeling best’ peak?**
   a) Midnight – 5:00 am (6)
   b) 5:00 am – 8:00 am (5)
   c) 8:00 am – Noon (4)
   d) Noon – 4:00 pm (3)
   e) 4:00 pm – 9:00 pm (2)
   f) 9:00 pm – Midnight (1)

**Total Points: _____________**

*Please see next page for interpretation of your Best Time of Day Score and some helpful strategies for getting the most out of your day.*

http://www.ugresearchsci.ucla.edu/progpeers.htm
Score Guide:

<table>
<thead>
<tr>
<th>Points</th>
<th>Your Best Time of Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 – 26</td>
<td>Definitely Morning</td>
</tr>
<tr>
<td>15 – 19</td>
<td>Somewhat Morning</td>
</tr>
<tr>
<td>10 – 14</td>
<td>Somewhat Evening</td>
</tr>
<tr>
<td>5 – 9</td>
<td>Definitely Evening</td>
</tr>
</tbody>
</table>

Strategies to Help You All Day

**Morning**
- Have a high-protein snack as soon as you get up. Such as: yogurt, low-fat milk or soy milk or piece of cheese, one egg, protein powder ‘smoothie’
- Get plenty of full-intensity light.
- Eat breakfast – be sure to include high fiber cereal and/or fruit

**Afternoon**
- Have a high protein lunch – limit carbohydrates, they relax and make you drowsy.
- Take a 15 minute nap, if possible.
- Take a 10-15 minutes walk or exercise break.
- Don’t eat junk food.

**Evening**
- Eat a small, balanced dinner – adjust according to your plans for the evening.
  - Protein – small amounts to help keep you alert and awake.
  - Carbohydrates – help you relax and calm down after a busy day.
- Exercise between 5 – 7:00 pm, if you exercise later it will interfere with your sleep.
- Plan your To-Do list for the next day.
- Listen to calming music before going to bed.

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