

## ARE YOU A NIGHT OWL OR AN EARLY BIRD?

### WHAT YOUR SCORE MEANS

#### 1-10

Working a night shift is not your cup of tea because you're clearly an early bird. You've discovered the morning can be an especially beautiful time, a time you can savour almost in solitude.

#### 11-20

You're capable of adapting fairly easily either to a daytime or night-time existence. The best way to get a good night's sleep is with good food, exercise and plenty of fresh air, not by taking sleeping pills.

#### 21-30

You're in the night-owl *category* and probably have trouble getting up in the mornings. Remember that our daily cycles are fixed by habit so it's possible to adjust your lifestyle if you really want to.

**Some words and expressions used in the Quiz. Look up the ones you don't know**

Jump at  
Pop in  
Date  
The dawn chorus  
Brass band  
Cup of tea

