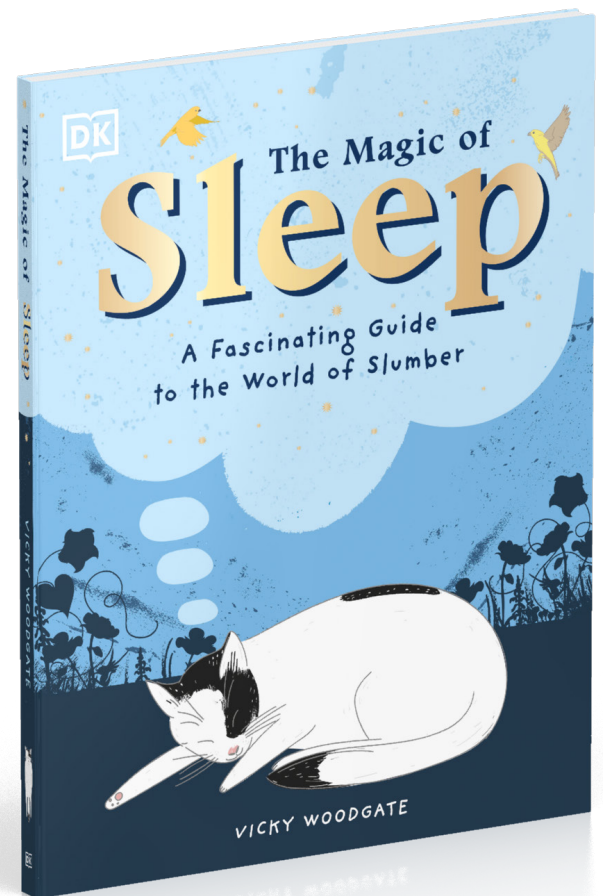


LARKS, OWLS & HUMMINGBIRDS!

Do you spring out of bed first thing in the morning, bright-eyed and bushy-tailed and ready for the day? Or do you pull the duvet over your head looking for more snooze time? Most of us fall into sleep pattern groups and our genetics play a role as to which group that may be.

Take the sleep quiz and find out what type of bird you are!



For the curious

www.vickywoodgate.com



@vickywoodgate



@vicky_woodgate

QUIZ

The Magic Of Sleep

by Vicky Woodgate

What are you?

1. When it's time to wake up, do you...

A: Spring out of bed—
no alarm needed!

B: Press the snooze
button, just a couple
more minutes...

C: Pull the covers over
your head, and throw
the alarm on the floor.

2. Your typical bedtime...

A: PJ's are on, bedtime
book read and ready
for lights off.

B: Finish home work—
dinner-TV—oops time
for bed already!

C: Still awake after
lights out, there is SO
much to think about!

3. Do you feel sleepy in the daytime?

A: No

B: Sometimes

C: Yes, especially in
the morning

4. When is your favorite time to eat?

A: Breakfast—
you are starving!

B: Midmorning snack!

C: Late night munch!

5. It's the weekend—when do you wake up?

A: Nice and early,
ready for the day

B: A little extra
snooze time,
it IS the weekend

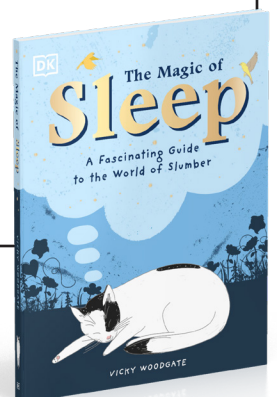
C: Don't wake me
before lunch!

Answers:

Mostly A  lark

Mostly B  hummingbird

Mostly C  owl



For the curious

HUMMINGBIRD

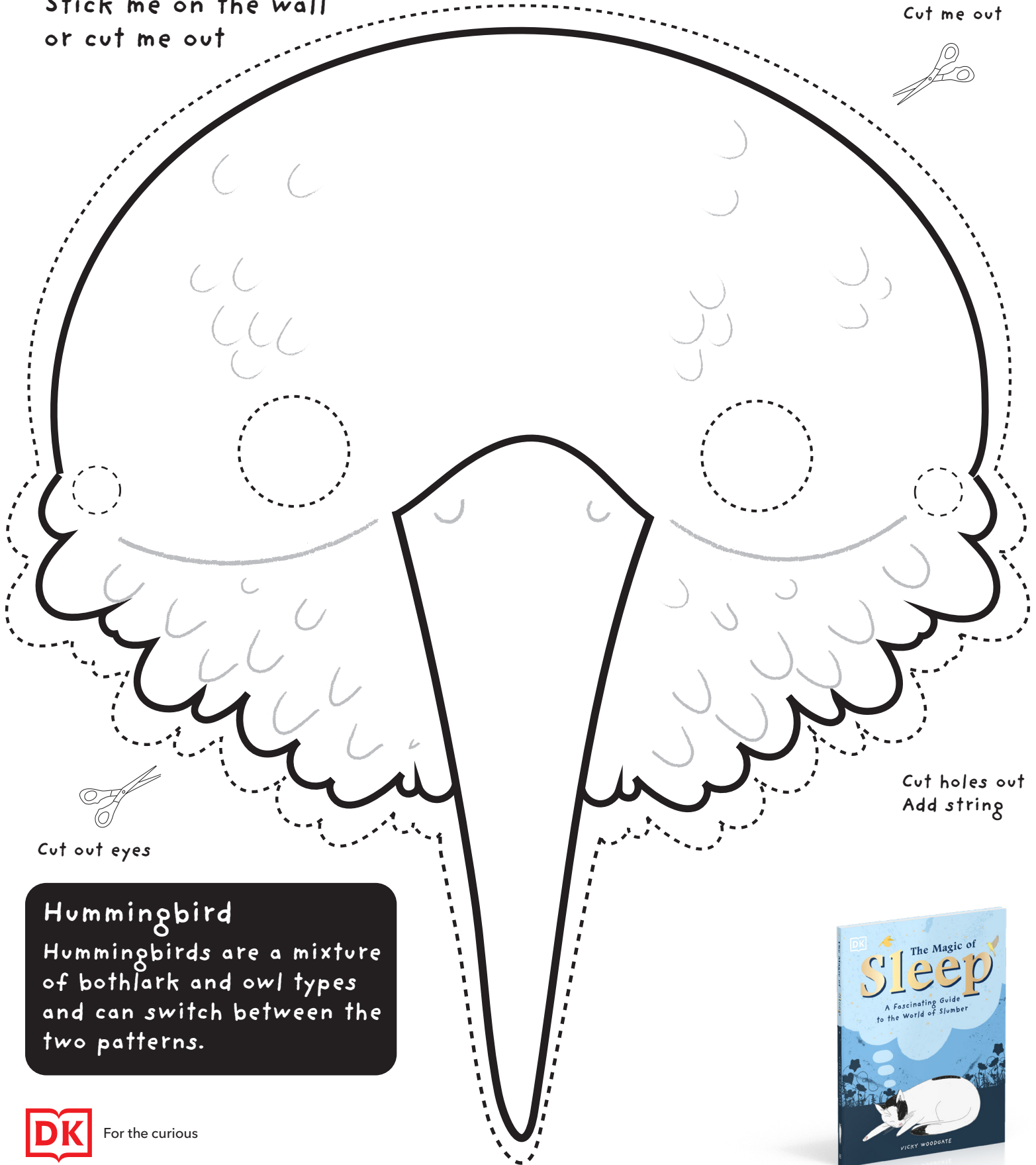
The Magic Of Sleep

by Vicky Woodgate

Color me in

Stick me on the wall
or cut me out

Cut me out



Cut out eyes

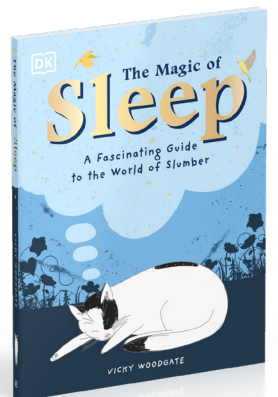
Cut holes out
Add string

Hummingbird

Hummingbirds are a mixture of both lark and owl types and can switch between the two patterns.



For the curious



OWL

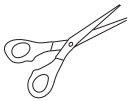
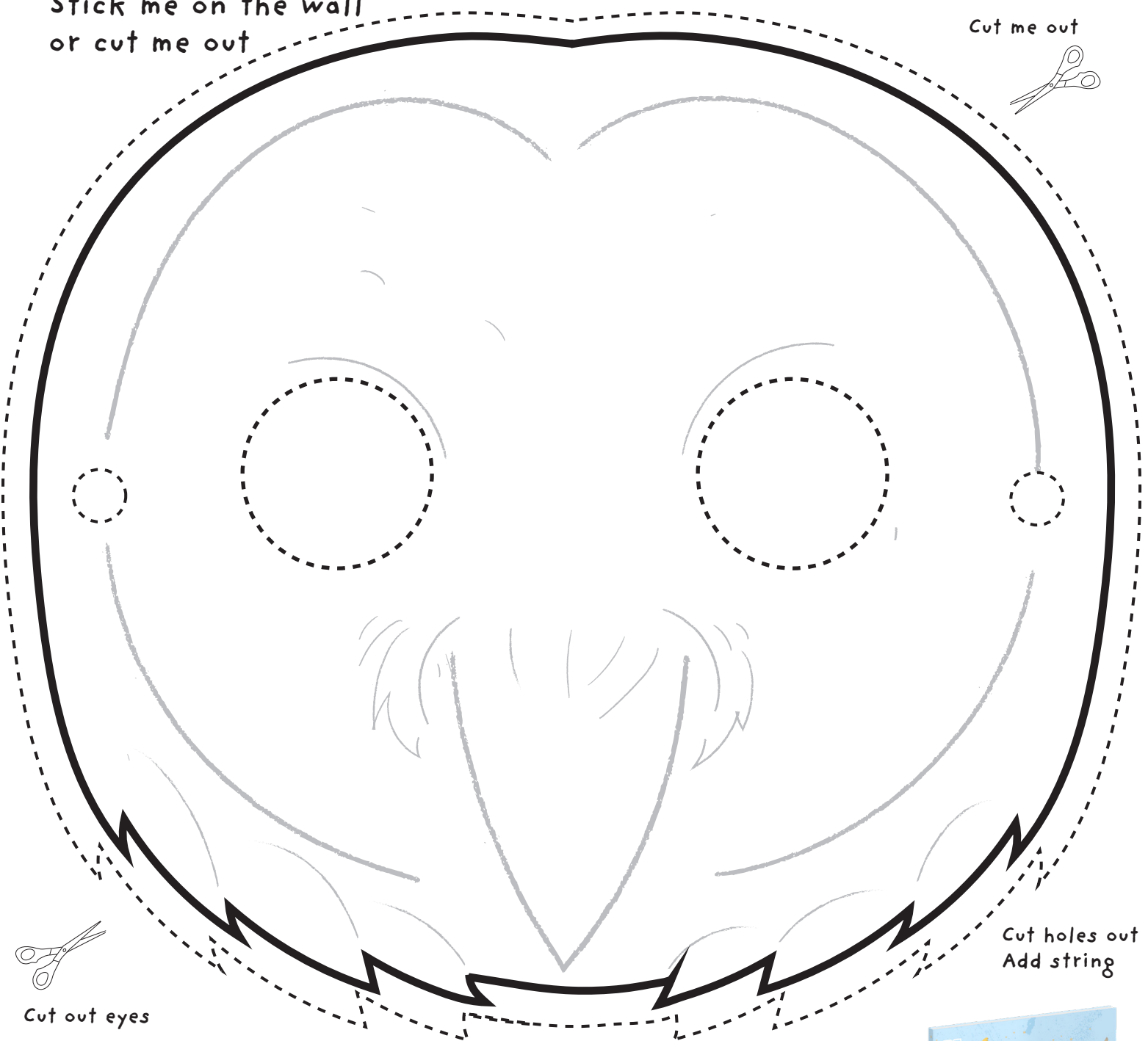
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Cut out eyes

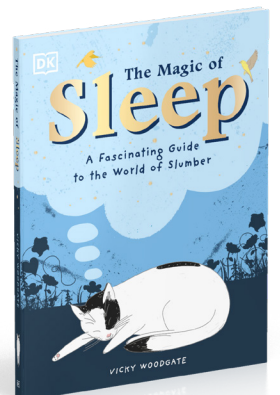
Cut holes out
Add string

Owl

Owl types struggle waking up in the morning and tend to function much better later in the day.



For the curious



LARK

Color me in

Stick me on the wall
or cut me out

The Magic Of Sleep

by Vicky Woodgate

Cut out eyes



Cut me out



Cut holes out
Add string

Lark

Lark types are more alert and work harder in the mornings but get tired earlier in the evening.



For the curious

