

# Munich ChronoType Questionnaire (MCTQ)

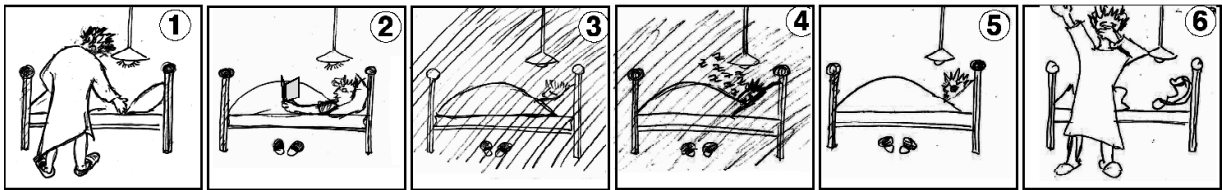
In this questionnaire, you report on your typical sleep behaviour over the past 4 weeks. We ask about work days and work-free days separately. Please respond to the questions according to your perception of a standard week that includes your usual work days and work-free days.

I have a regular work schedule (this includes being, for example, a housewife or househusband):

Yes  I work on 1  2  3  4  5  6  7  days per week.

No

Is your answer "Yes, on 7 days" or "No", please consider if your sleep times may nonetheless differ between regular 'workdays' and 'weekend days' and fill out the MCTQ in this respect.



Please use 24-hour time scale (e.g. 23:00 instead of 11:00 pm)!

## Workdays

Image 1: I go to bed at \_\_\_\_\_ o'clock.

Image 2: Note that some people stay awake for some time when in bed!

Image 3: I actually get ready to fall asleep at \_\_\_\_\_ o'clock.

Image 4: I need \_\_\_\_\_ minutes to fall asleep.

Image 5: I wake up at \_\_\_\_\_ o'clock.

Image 6: After \_\_\_\_\_ minutes I get up.

I use an alarm clock on workdays: Yes  No

If "Yes": I regularly wake up BEFORE the alarm rings: Yes  No

## Free Days

Image 1: I go to bed at \_\_\_\_\_ o'clock.

Image 2: Note that some people stay awake for some time when in bed!

Image 3: I actually get ready to fall asleep at \_\_\_\_\_ o'clock.

Image 4: I need \_\_\_\_\_ minutes to fall asleep.

Image 5: I wake up at \_\_\_\_\_ o'clock.

Image 6: After \_\_\_\_\_ minutes I get up.

My wake-up time (Image 5) is due to the use of an alarm clock: Yes  No

There are particular reasons why I cannot freely choose my sleep times on free days:

Yes  If "Yes": Child(ren)/pet(s)  Hobbies  Others , for example: \_\_\_\_\_

No