MINDTHEORY

Morning Person or Night Owl?

What Your Body Clock Really Means

A practical guide to chronotypes, energy and better sleep

1 The Biological Clock

SCN Master clock (SCN)

The suprachiasmatic nucleus in the brain uses light cues to coordinate your daily sleep-wake rhythm.

Zz Sleep pressure

Adenosine builds while you are awake, increasing the drive to sleep. Sleep helps reduce that pressure.

Your rhythm is shaped by both circadian timing and time spent awake.

2 Morning Larks vs. Night Owls

MORNING LARKS

Prefer earlier sleep and wake times

Often feel alert earlier in the day

NIGHT OWLS

Prefer later sleep and wake times

Often feel alert later in the day



3 What Is Social Jetlag?

The mismatch between your natural body clock and work or school schedules.

For example: waking early on weekdays, then sleeping much later on weekends

May contribute to sleep loss, fatigue, mood changes and poorer focus.

4 Daily Alignment Action Plan

- [ ] **Morning Light**
  Get outdoor daylight soon after waking.
- [ ] **Peak Task Matching**
  Schedule demanding work for your alert hours.
- [ ] **Trough Routines**
  Use lower-energy hours for simpler tasks.
- [ ] **Wind-Down Routine**
  Dim lights and keep a consistent bedtime.