**Purpose** Finding the psychometric properties of alternative morningness questionnaires to be inadequate, developers culled items from two of these scales—the Horne Östberg Morningness-Eveningness Questionnaire [3] (Chap. 54)\* and a diurnal type scale by Torsvall and Akerstedt [1]—to create the Composite Morningness Questionnaire. Through factor analysis, 13 items were selected from the two original questionnaires. Among these items, three factors were identified: morning activities, morning affect, and eveningness.

**Population for Testing** The scale has been validated in population of more than 500 undergraduate students.

**Administration** The scale is a self-report, paper-and-pencil measure requiring between 3 and 5 min for completion.

**Reliability and Validity** When developing the scale, Smith and colleagues [2] combined the two original questionnaires, analyzed out the three most reliable factors, and selected the items that

best represented those factors. The resulting scale was found to have an internal consistency of .87.

**Obtaining a Copy** A copy can be found in the original article published by developers [2].

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Scoring For questions regarding preferred sleeping and waking times, respondents select the most suitable option from a list of time increments. Issues like ease of waking, alertness throughout the day, and exercise are also queried. Potential scores for the scale's items range from 1 to 4 or 5, with higher scores indicating a greater degree of morningness. Cutoffs for the scale were chosen using the upper and lower percentiles of the scale: A score of 22 or below indicates an evening type, a score above 44 indicates a morning type, and scores in between receive a classification of intermediate.

listed and analysed in a similar way on our website www. sleepontario.com under "Scales".

<sup>\*</sup>Not included in this edition. Will be cited in the next version. In the interim, this and new emerging scales are

## Composite Morningness Questionnaire

Composite Morningness Q	
Directions: Please check the	response for each item that best describes you.
Considering only your ow you were entirely free to plan	vn "feeling best" rhythm, at what time would you get up if n your day?
5:00-6:30 a.m.	(5)
	(4)
7:45-9:45 a.m.	(3)
9:45-11:00 a.m.	(2)
11:00 a.m. – 12:00 (noon)	(1)
2. Considering your only "fe were entirely free to plan you	eling best" rhythm, at what time would you go to bed if you ur evening?
8:00-9:00 p.m.	(5)
9:00-10:15 p.m.	(4)
8:00-9:00 p.m. 9:00-10:15 p.m. 10:15 p.m. – 12:30 a.m.	(3)
12:30-1:45 a.m.	(2)
12:30–1:45 a.m. 1:45-3:00 a.m.	(1)
Assuming normal circum (Check one.)	stance, how easy do you find getting up in the morning?
Not at all easy	(1)
Slightly easy	(2)
Fairly easy	(3)
Very easy	(4)
4. How alert do you feel duri (Check one.)	ing the first half hour after having awakened in the morning?
Not at all alert	(1)
	(2)
Slightly alert Fairly alert	(3)
Very alert	(4)
5. During the first half hour a (Check one.)	after having awakened in the morning, how tired do you feel?
Very tired	(1)
Fairly tired	(2)
Fairly refreshed	(3)
Very refreshed	(4)
57	
this one hour twice a week a	age in some physical exercise. A friend suggests that you do und the best time for him is 7:00-8:00 a.m. Bearing in mind feeling best" rhythm, how do you think you would perform?
Would be in good form	(4)
Would be in reasonable form	(3)
Would find it difficult	(2)
Would find it very difficult	(1)
modici inici it very difficult	

7. At what time in the evening do you feel tired and, as a result, in need of sleep?

\_\_\_\_(5) \_\_\_\_(4) \_\_\_\_(3) \_\_\_\_(2) \_\_\_\_(1)

8:00-9:00 p.m. 9:00-10:15 p.m. 10:15 p.m. – 12:30 a.m. 12:30-1:45 a.m. 1:45-3:00 a.m.

8. You wish to be at your peak performance for a test which you know is going to be mentally exhausting and lasting for two hours. You are entirely free to plan your day, and considering only your own "feeling best" rhythm, which ONE of the four testing times would you choose?
8:00-10:00 a.m(4) 11:00 a.m 1:00 p.m(3) 3:00-5:00 p.m(2) 7:00-9:00 p.m(1)
9. One hears about "morning" and "evening" types of people. Which ONE of these types do you consider yourself to be?
Definitely a morning type (4)  More a morning than an evening type (3)  More an evening than a morning type (2)  Definitely an evening type (1)
10. When would you prefer to rise (provided you have a full day's work—8 hours) if you were totally free to arrange your time?
Before 6:30 a.m. (4) 6:30-7:30 a.m. (3) 7:30-8:30 a.m. (2) 8:30 a.m. or later (1)
11. If you always had to rise at 6:00 a.m., what do you think it would be like?
Very difficult and unpleasant (1) Rather difficult and unpleasant (2) A little unpleasant but no great problem (3) Easy and not unpleasant (4)
12. How long a time does it usually take before you "recover your senses" in the morning after rising from a night's sleep?
0-10 minutes(4) 11-20 minutes(3) 21-40 minutes(2) More than 40 minutes(1)
13. Please indicate to what extent you are a morning or evening active individual.
Pronounced morning active (morning alert and evening tired)  To some extent, morning active  To some extent, evening active  To some extent, evening active  [2]  Pronounced evening active (morning tired and evening alert)

Note: Scoring is indicated in parentheses beside each score anchor.

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