

BODY CLOCK QUESTIONNAIRE

How to Determine Your Baseline Body Clock Times

Knowing your baseline body clock times can help you prepare for and adjust to travel across time zones. The following questionnaire will help you determine your baseline body clock times for sleeping and eating. You should complete the questionnaire when you are at home. Fill in the appropriate times for several days and then calculate the average time for each activity across all days. This average will give you an idea of your baseline body clock time for each activity. For the first question, enter the time you went to sleep and woke up. For the other questions, enter multiple times where appropriate. You can use the baseline body clock times obtained below to help you complete the Layover Assessment Adjustment Questionnaire (LAAQ).

	Day 1	Day 2	Day 3	Day 4	Average
At what time(s) did you take your main sleep?					
At what time(s) did you start to feel tired?					
At what time(s) did you feel like taking a nap?					
At what time(s) did you have your bowel movement?					
At what time(s) did you have your meals?					
At what time(s) did you feel most alert?					