

Birds of a feather

What's up: Everyone needs 8 hours of sleep a night.

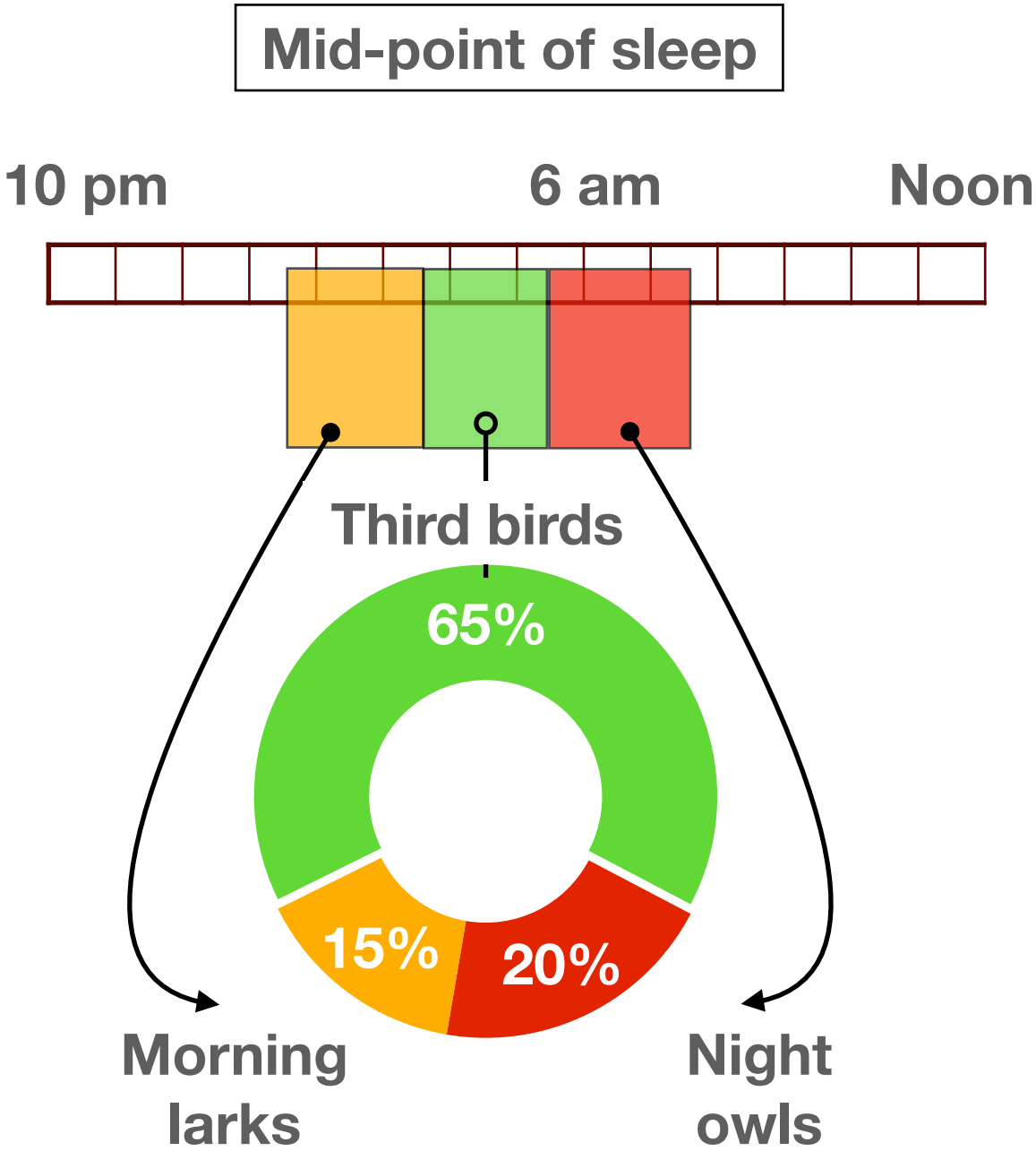
However, the exact timing of sleep — when we go to sleep and when we get up — varies from person to person. It appears that there are **three types of sleep patterns** — “*chronotypes*”. Depending on which one you are, your productivity during the working day will be affected.

Read more in the next page



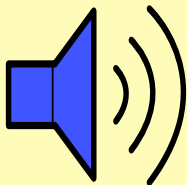
What's your “chronotype”? - sleep patterns and productivity

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WHAT’S NEW? Depending on when the mid-point of the 8-hour sleep period falls, **3 chronotypes** are seen

- Morning larks - 1.30-3.30 am
- Third birds - 3.30-5.30 am
- Night owls - 5.30 - 7.30 am.



Awake cognitive abilities fall into 3 roughly equal portions

COGNITION	Focus	Dispersion	Best for
Peak	+++	+	Analytical work
Trough	-	-	Routine work
Recovery	+	+++	Creative work

Morning larks and third birds go through the phases in sequence. Night owls, in contrast, start with the recovery state, go into the trough and then into the peak state of cognitive function. (Click on the speaker icon to hear a commentary.)