



JOOL Deep Dive *into Sleep*

SESSION 3

“Early bird gets the worm” is actually a relatively pointless saying. If you struggle to get up early it’s usually biology’s fault, and not some kind of inherent laziness. Some people have more energy to snag the “worm” at night. People have different biological clocks, meaning they’ll be most productive at different times in the day. The good news: Once you understand what kind of sleeper you are, you can make adjustments to your daily schedule to maximize productivity during your best hours.

Let’s start by going over the two types of sleepers. Larks (or morning people) get up early and go to bed early. They’re most productive in the late morning and in the best mood between 9am and 4pm. Owls (or night people) tend to be fairly quiet and unproductive in the mornings. They typically get steadily happier as the day goes on and are most productive in the early evenings. Alternately, many of us are more like hummingbirds, playing somewhere in between the two extremes.

Whether you’re an owl or a lark, you can’t just flip a switch to be awake or asleep instantly. There’s a transition period from being alert to being asleep just like dawn and dusk. Interestingly, these mysterious grey periods are known for creativity. So don’t resent that time between your head hitting the pillow and when you actually fall asleep. It can be cognitively and psychologically useful, beneficial, and pleasant.

Instead of trying to force yourself awake or asleep at times that are unnatural for you, if possible, schedule your day to make the most out of your wide awake hours leaving time to unwind and sleep when you’re actually tired. Of course, working around a hectic schedule of someone else’s devising can be problematic, but, at a minimum, try and complete your hardest tasks when your attention and willpower are strongest, making the best use of your time and energy.

So, which do you think you are? Owl or lark? Complete today’s challenge to find out. Also don’t forget to check out the website and download today’s Cheat Sheet.

Keep an eye out for an email directing you to the last session of our Deep Dive into Sleep coming to you in the next couple days.