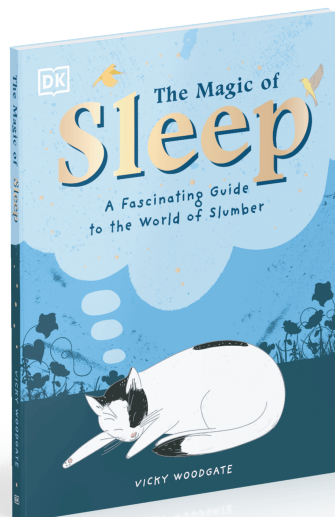


# LARKS, OWLS & HUMMINGBIRDS!

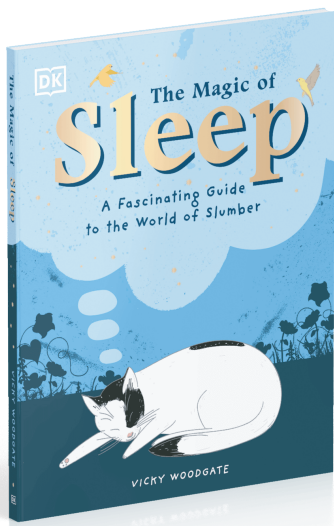
Do you spring out of bed first thing in the morning bright eyed and bushy tailed ready for the day. Or do you pull the duvet over your head looking for more snooze time? Most of us fall into sleep pattern groups and our genetics play a role in to which group.

**Take the quiz and find  
out what you are!!**



insta : @vicky\_woodgate

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# QUIZ

## What are you?

1. **When it's time to wake up do you..**
  - a Spring out of bed – no alarm needed!
  - b Press the snooze button, just a couple more minutes...
  - c Pull the covers over your head, and throw the alarm on the floor.
  
2. **Your typical bedtime....**
  - a PJ's are on, bedtime book read and ready for lights off.
  - b Finish home work - dinner - TV – oops time for bed already!
  - c Still awake after lights out, there is SO much to think about!
  
3. **Do you feel sleepy in the daytime?**
  - a No
  - b Sometimes
  - c Yes, especially in the morning
  
4. **When is your favourite time to eat?**
  - a Breakfast – you are starving!
  - b Midmorning snack!
  - c Late night munch!
  
5. **It's the weekend when do you wake up?**
  - a Nice and early, ready for the day
  - b A little extra snooze time, it IS the weekend!
  - c Don't wake me before lunch!

**Answer:**

**Mostly A**

Lark



**Mostly B**

Hummingbird



**Mostly C**

Owl



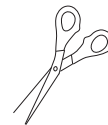
# HUMMINGBIRD

Colour me in

THE MAGIC OF SLEEP by Vicky woodgate

cut me out!

stick me on the wall  
or cut me out

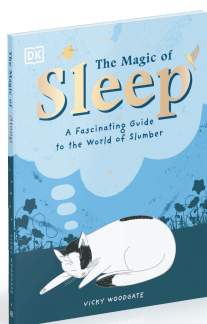


cut eyes out

cut holes out and  
add string

cut holes out and  
add string

cut me out!



## Hummingbird

Hummingbirds are a mixture of both lark and owl types and can switch between the two patterns.

# OWL

Colour me in

stick me on the wall  
or cut me out

cut eyes out

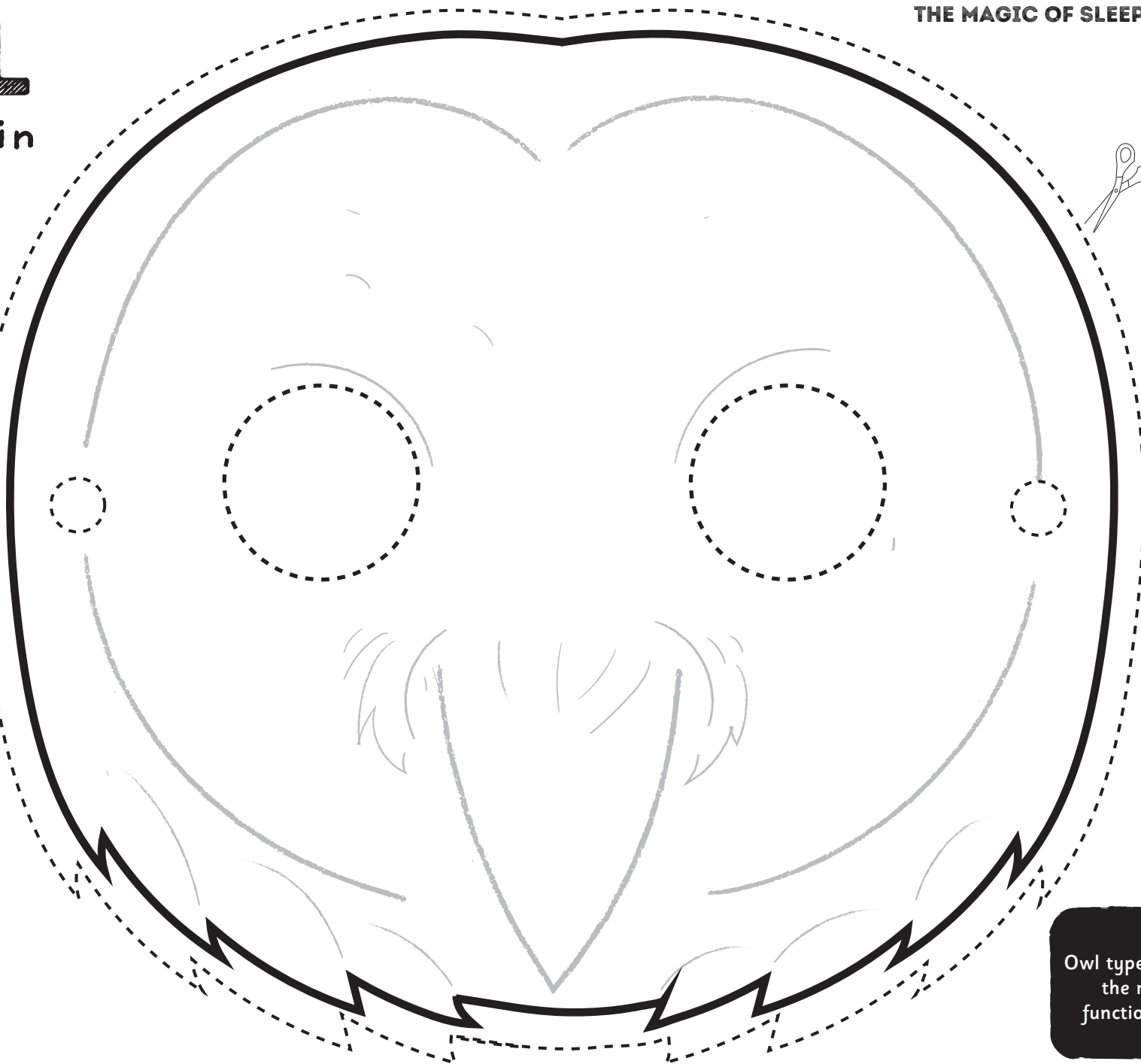
cut holes out and  
add string

cut me out!

cut me out!

cut eyes out

cut holes out and  
add string



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**Owl**  
Owl types struggle waking up in the morning and tend to function much better later in the day.

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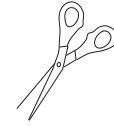
# LARK

Colour me in

stick me on the wall  
or cut me out

THE MAGIC OF SLEEP by Vicky woodgate

cut me out!



cut eyes out

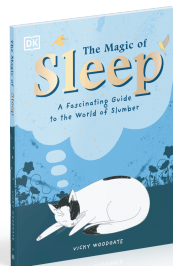
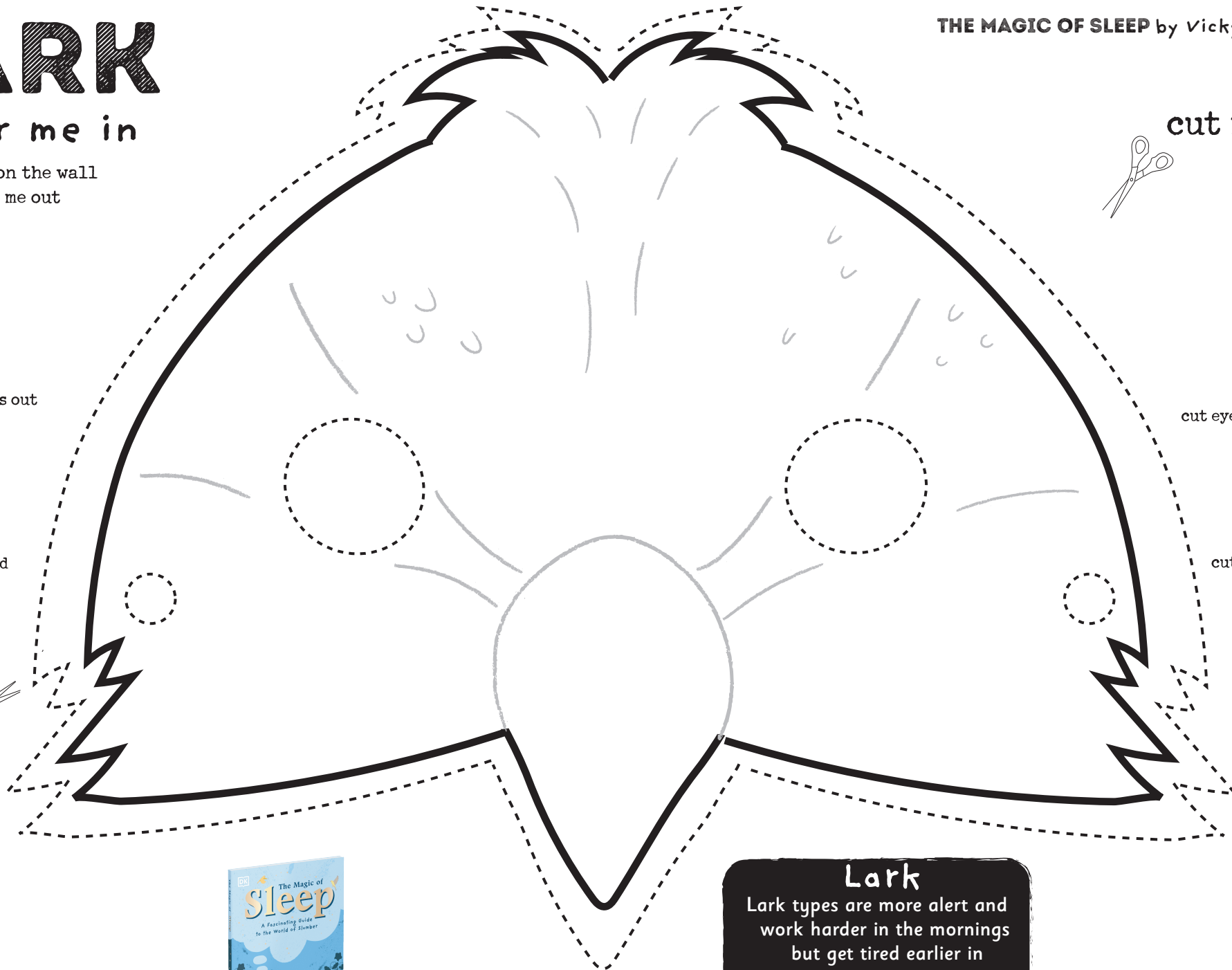
cut eyes out

cut holes out and  
add string

cut holes out and  
add string



cut me out!



**Lark**  
Lark types are more alert and  
work harder in the mornings  
but get tired earlier in  
the evening.

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