

# Case Study on Chronodisruption

## Chrononutrition Questionnaire

Email Address

Full Name

Gender

- Male
- Female
- Other

Age

Contact no.

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### MORNINGNESS-EVENINGNESS QUESTIONNAIRE

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1. Approximately when would you get up if you were entirely free to plan your day?

- 5:00 AM–6:30 AM (05:00–06:30 h)
- 6:30 AM–7:45 AM (06:30–07:45 h)

- 7:45 AM–9:45 AM (07:45–09:45 h)
- 9:45 AM–11:00 AM (09:45–11:00 h)
- 11:00 AM–12 Noon (11:00–12:00 h)

2. Approximately what time would you go to bed if you were entirely free to plan your evening?

- 8:00 PM–9:00 PM (20:00–21:00 h)
- 9:00 PM–10:15 PM (21:00–22:15 h)
- 10:15 PM–2:30 AM (22:15–00:30 h)
- 12:30 AM–1:45 AM (00:30–01:45 h)
- 1:45 AM–3:00 AM (01:45–03:00 h)

3. If you usually have to get up at a specific time in the morning, how much do you depend on an alarm clock?

- Not at all
- Slightly
- Somewhat
- Very much

4. How easy do you find it to get up in the morning when you are not awakened unexpectedly?

- Very difficult
- Somewhat difficult
- Fairly easy
- Very easy

5. How alert do you feel during the first half hour after you wake up in the morning?

- Not at all alert

- Slightly alert
- Fairly alert
- Very alert

6. How hungry do you feel during the first half hour after you wake up?

- Not at all hungry
- Slightly hungry
- Fairly hungry
- Very hungry

7. During the first half hour after you wake up in the morning, how do you feel?

- Very tired
- Fairly tired
- Fairly refreshed
- Very refreshed

8. If you had no commitments the next day, what time would you go to bed compared to your usual bedtime?

- Seldom or never later
- Less than 1 hour later
- 1 – 2 hours later
- More than 2 hours later

9. You have decided to exercise. A friend suggests that you do this for one hour, twice a week, between 7-8 AM (07-08 h). Bearing in mind nothing but your own internal "clock," how do you think you would perform?

- Would be in good form

- Would be in reasonable form
- Would find it difficult
- Would find it very difficult

10. Approximately when would you go to bed if you could sleep when you felt like it?

- 8:00 PM–9:00 PM (20:00–21:00 h)
- 9:00 PM–10:15 PM (21:00–22:15 h)
- 10:15 PM–12:45 AM (22:15–00:45 h)
- 12:45 AM–2:00 AM (00:45–02:00 h)
- 2:00 AM–3:00 AM (02:00–03:00 h)

11. You want to be at your peak performance for a test that you know is going to be mentally exhausting and will last two hours. You are entirely free to plan your day. Considering only your "internal clock," which one of the four testing times would

- 8 AM–10 AM (08–10 h)
- 11 AM–1 PM (11–13 h)
- 3 PM–5 PM (15–17 h)
- 7 PM–9 PM (19–21 h)

12. If you went to bed at 11 PM (23 h), how tired would you be?

- Not at all tired
- A little tired
- Fairly tired
- Very tired

13. For some reason you have gone to bed several hours later than usual, but there is no need to get up at any particular time the next morning. Which one of the following are you most likely to do?

- Wake up at your usual time, but not fall back asleep
- Wake up at your usual time, and doze thereafter
- Wake up at your usual time, but fall asleep again
- Not wake up until later than usual

14. One night you have to remain awake between 4-6 AM (04-06 h) to carry out a night watch. You have no time commitments the next day. Which one of these alternatives would suit you best?

- Stay up until the watch is over
- Take a nap before the watch, and sleep after
- Have a good sleep before the watch, and nap after
- Sleep only before the watch

15. You have two hours of hard physical work. You are entirely free to plan your day. Considering only your internal "clock," which of the following times would you choose?

- 8 AM–10 AM (08–10 h)
- 11 AM–1 PM (11–13 h)
- 3 PM–5 PM (15–17 h)
- 7 PM–9 PM (19–21 h)

16. You have decided to exercise. A friend suggests that you do this for one hour twice a week between 10-11 PM (22-23 h). Bearing in mind only your internal "clock," how well do you think you would perform?

- Would be in good form
- Would be in reasonable form
- Would find it difficult
- Would find it very difficult

17. Suppose that you can choose your own work hours. Assume that you work a five hour day (including breaks), your job is interesting, and you are paid based on your performance. At approximately what time would you choose to begin?

- 5 hours starting between 4–8 AM (04–08 h)
- 5 hours starting between 8–9 AM (08–09 h)
- 5 hours starting between 9 AM–2 PM (09–14 h)
- 5 hours starting between 2–5 PM (14–17 h)
- 5 hours starting between 5 PM–4 AM (17–04 h)

18. At approximately what time of day do you usually feel your best?

- 5–8 AM (05–08 h)
- 8–10 AM (08–10 h)
- 10 AM–5 PM (10–17 h)
- 5–10 PM (17–22 h)
- 10 PM–5 AM (22–05 h)

19. Are you a "morning type" or an "evening type"?

- Definitely a morning type
- Rather more a morning type than an evening type
- Rather more an evening type than a morning type
- Definitely an evening type

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## SCREEN TIME QUESTIONNAIRE

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For the following set of questions, primary activity is defined as the main activity you are engaged in rather than using a television/other

screen in the background while performing another activity such as cooking or exercising.

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Screen use on an average weekday Thinking of an average weekday(from when you wake up until you go to sleep), how much time do you spend using each of the following types of screen as the primary activity? You must answer both hours and minutes. If zero please type "0" in the box.

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Television

TV-connected devices (e.g. streaming devices, video game consoles)

Laptop/Computer

smartphone

Tablet

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Screen use on an average weeknight Now, thinking of an averageweeknight(from when you return from work until you go to sleep), how much time do you spend using each of the following types of screen as the primary activity? You must answer both hours and minutes.Ifzero please type "0" in the box.

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Television

TV-connected devices (e.g. streaming devices, video game consoles)

Laptop/Computer

Smartphone

Tablet

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Screen use on an average weekend day Now, thinking of an average weekend day(Saturday or Sunday), how many hours over the course of the whole day (from when you wake up until you go to sleep) do you spend using each of the following types of screen as the primary activity? You must answer both hours and minutes. If zero please type "0" in the box .

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Television

TV-connected devices (e.g. streaming devices, video game consoles)

Laptop/Computer

Smartphone

Tablet

For the following set of questions, background screen is defined as the use of a television or another screen near you while performing other activities such as exercising, cooking, and interacting with family/friends.

Thinking about a regular weekday (Monday through Friday), on average, how many hours over the course of the whole day (from when you wake up until you go to sleep) are you exposed to background screen use?

Example: If you exercise in the morning for one hour while watching the TV news, you use your smartphone for one hour while eating lunch and an additional 30 minutes while eating dinner, you would estimate that you are exposed to 2 hours and 30 minutes of background screen use per day

Background screen use on a regular weekday

Now we want to ask about background screen use during the evening specifically . On average, how many hours per evening (Monday through Friday) are you exposed to background screen use from when you return from work until you go to sleep?

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Example: If you regularly prepare dinner with the television on for one hour, and you keep the television on for an additional hour while using your smartphone for social media use, you can estimate that you are exposed to 2 hours of background screen use every evening.

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Background screen use on a regular weeknight

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Now we want to ask about background screen use during the weekend . Thinking about a regular weekend day (Saturday or Sunday), on average, how many hours over the course of the whole day (from when you wake up until you go to sleep) are you exposed to background screen use?

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Example: If you have the television on while you do some online shopping for two hours, and you keep the television on when friends come over to visit for an additional two hours, you can estimate that you are exposed to 4 hours of background screen use every evening.

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Background screen use on a regular weekend day

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# GLOBAL PHYSICAL ACTIVITY QUESTIONNAIRE

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## Physical Activity

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Next I am going to ask you about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person. Think first about the time you spend doing work. Think of work as the things that you have to do such as paid or unpaid work, study/training, household chores, harvesting food/crops, fishing or hunting for food, seeking employment. [Insert other examples if needed]. In answering the following questions 'vigorous-intensity activities' are activities that require hard physical effort and cause large increases in breathing or heart rate, 'moderate-intensity activities' are activities that require moderate physical effort and cause small increases in breathing or heart rate.

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## Work

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P1. Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like [carrying or lifting heavy loads, digging or construction work] for at least 10 minutes continuously?

Yes

No If No, go to P 4

P2. In a typical week, on how many days do you do vigorous intensity activities as part of your work?

P3. How much time do you spend doing vigorous-intensity activities at work on a typical day?

P4. Does your work involve moderate-intensity activity, that causes small increases in breathing or heart rate such as brisk walking [or carrying light loads] for at least 10 minutes continuously?

Yes

No If No, go to P7

P5. In a typical week, on how many days do you do moderate intensity activities as part of your work?

P6. How much time do you spend doing moderate-intensity activities at work on a typical day?

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Travel to and from places

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The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the usual way you travel to and from places. For example to work, for shopping, to market, to place of worship.

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P7. Do you walk or use a bicycle (pedal cycle) for at least 10 minutes continuously to get to and from places?

Yes

No If No, go to P10

P8. In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places?

P9. How much time do you spend walking or bicycling for travel on a typical day?

## Recreational activities

The next questions exclude the work and transport activities that you have already mentioned. Now I would like to ask you about sports, fitness and recreational activities (leisure).

P10. Do you do any vigorous-intensity sports, fitness or recreational (leisure) activities that cause large increases in breathing or heart rate like [running or football] for at least 10 minutes continuously?

Yes

No If No, go to P13

P11. In a typical week, on how many days do you do vigorous intensity sports, fitness or recreational (leisure) activities?

P12. How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?

P13. Do you do any moderate-intensity sports, fitness or recreational (leisure) activities that cause a small increase in breathing or heart

rate such as brisk walking, (cycling, swimming, volleyball) for at least 10 minutes continuously?

Yes

No If No, go to P16

P14. In a typical week, on how many days do you do moderate intensity sports, fitness or recreational (leisure) activities?

P15. How much time do you spend doing moderate-intensity sports, fitness or recreational (leisure) activities on a typical day?

Sedentary behaviour

The following question is about sitting or reclining at work, at home, getting to and from places, or with friends including time spent sitting at a desk, sitting with friends, traveling in car, bus, train, reading, playing cards or watching television, but do not include time spent sleeping.

P16. How much time do you usually spend sitting or reclining on a typical day?