YOUR ANSWERS. YOUR PERSPECTIVE.

# Sleep-rhythm

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 20 / 20 | 4 PROFILE AREAS

1

## Evening choices

You describe a noticeable tendency towards choosing evening activities, surroundings and finishing times deliberately. This pattern stands out in your responses; it is not a comparison with other people.

2

## Preparing for the morning

You describe a noticeable tendency towards preparing appointments, materials and shared morning plans the day before. This pattern stands out in your responses; it is not a comparison with other people. Some responses differ substantially from this direction.

3

## Individual responses matter

Preparing for the morning: Scored responses range from 2 to 5/5 (items 15 & 19).

**Your first small step**

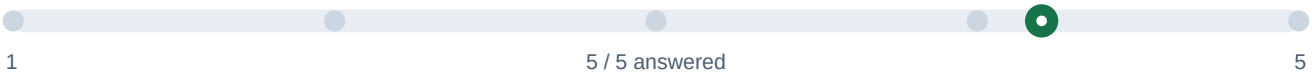
For one morning, prepare only the things you really need.

02 / YOUR REPORT

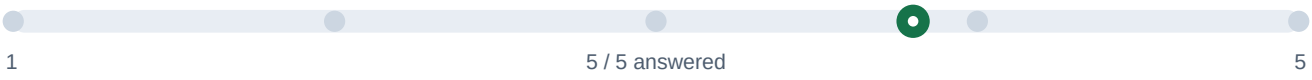
# Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

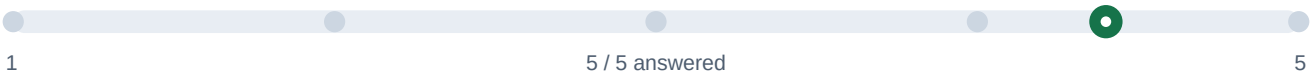
**Evening choices** 4.2 / 5



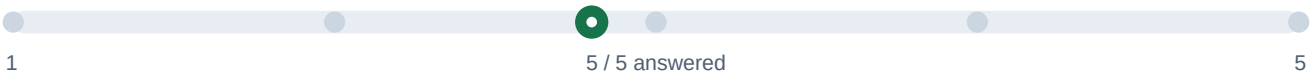

**Preparing for the morning** 3.8 / 5




**Starting the day** 4.4 / 5




**Digital transitions** 2.8 / 5




### How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

# Connecting your responses

Observations from your responses, not fixed characteristics.

The profile shows your reported evening, preparation, morning and media habits. It does not assess sleep quality or a sleep disorder.

## Your result in words

Evening choices: You describe a noticeable tendency towards choosing evening activities, surroundings and finishing times deliberately. This pattern stands out in your responses; it is not a comparison with other people.

Preparing for the morning: You describe a noticeable tendency towards preparing appointments, materials and shared morning plans the day before. This pattern stands out in your responses; it is not a comparison with other people.

## Preparing for the morning: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 15: I agree shared morning plans in advance. | Mostly not true

Item 19: I note something I want to remember in the morning. | True for me

**Consider a possible everyday situation**

For one morning, prepare only the things you really need.

04 / YOUR REPORT

# Evening choices

Trace your responses and connect them with everyday situations.

This describes choices about how you spend your evening.

**Your response value** **4.2 / 5**



1 5 / 5 answered 5

## What this means in practice

You describe a noticeable tendency towards choosing evening activities, surroundings and finishing times deliberately. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less agreement with these statements / more agreement with these statements.

## Two concrete responses

Item 9: I finish larger projects before the final part of the evening.

Your response: Partly true

Item 20: I finish an evening activity at a time I choose.

Your response: True for me

**A prompt for further reflection**

Compare a planned evening with an open one. What do you like about each?

**When does this fit me - and when does it not?**

05 / YOUR REPORT

# Preparing for the morning

Trace your responses and connect them with everyday situations.

This concerns practical preparation, not sleep quality or duration.

**Your response value** **3.8 / 5**



1 5 / 5 answered 5

## What this means in practice

You describe a noticeable tendency towards preparing appointments, materials and shared morning plans the day before. This pattern stands out in your responses; it is not a comparison with other people.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less agreement with these statements / more agreement with these statements.

## Two concrete responses

Item 15: I agree shared morning plans in advance.

Your response: Mostly not true

Item 19: I note something I want to remember in the morning.

Your response: True for me

**A prompt for further reflection**

For one morning, prepare only the things you really need.

**When does this fit me - and when does it not?**

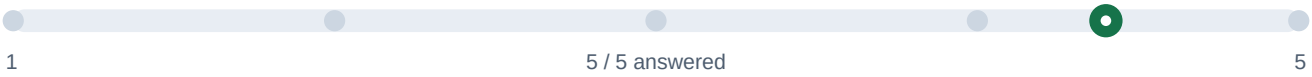
06 / YOUR REPORT

# Starting the day

Trace your responses and connect them with everyday situations.

This area describes preferred morning routines and personal sequences.

**Your response value** **4.4 / 5**




## What this means in practice

You describe a noticeable tendency towards shaping mornings around familiar routines and deliberate orientation. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less agreement with these statements / more agreement with these statements.

## Two concrete responses

Item 17: I deliberately choose when to interact with others.

Your response: Partly true

Item 13: I adjust my morning to the kind of day ahead.

Your response: True for me

**A prompt for further reflection**

On a suitable morning, change one small sequence and compare your experience.

**When does this fit me - and when does it not?**

07 / YOUR REPORT

# Digital transitions

Trace your responses and connect them with everyday situations.

This concerns personal choices around devices and media at the edges of the day.

**Your response value** **2.8 / 5**




## What this means in practice

Your result does not show a clear direction for setting deliberate limits on media and notifications around mornings and evenings. Check individual responses: partial agreement and opposing answers can produce the same average.

Scale direction: less agreement with these statements / more agreement with these statements.

## Two concrete responses

Item 4: I choose which notifications remain visible in the evening.

Your response: Mostly not true

Item 14: I deliberately stop a programme or a feed.

Your response: Mostly true

**A prompt for further reflection**

Choose a media rule for one evening or morning that makes sense to you.

**When does this fit me - and when does it not?**

08 / YOUR REPORT

# Your values clearly explained

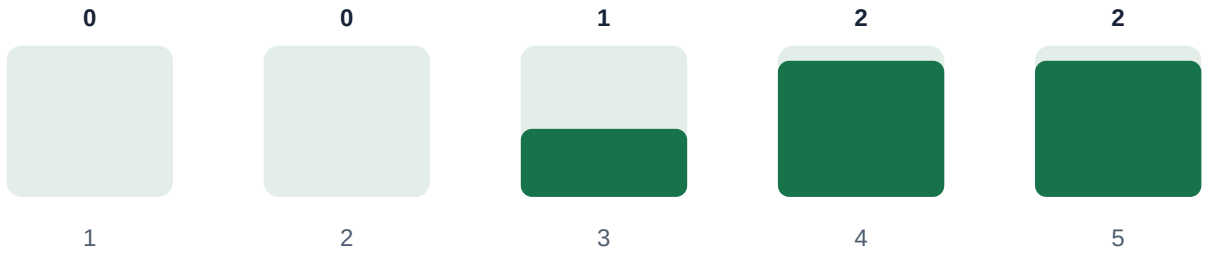
## Evening choices

Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

**Calculated from your actual responses**

4 + 5 + 3 + 4 + 5 = 21. 21 / 5 = 4.2 / 5.

## The distribution of your selected responses




The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

## A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

# Your own next step

An optional everyday idea, without a performance target.

1

### Today: note one situation

Starting point: Preparing for the morning. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

### This week: explore a perspective

For one morning, prepare only the things you really need.

3

### Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

**My situation and what matters to me:**

**My optional idea and a suitable time:**

**What I would like to take from this:**

10 / YOUR REPORT

# Method and limitations

## What the report is based on

Original everyday reflection. Values summarise only your responses. There are no clinical thresholds, population norms, disease assessments or fixed personality types. Greater agreement is not automatically better.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

## Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

> **If you would like support**
>
> If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.26 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

# Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1 **I consider how I want to spend my evening.**
Evening choices | Mostly true

2 **I check the next day's first appointment the day before.**
Preparing for the morning | Partly true

3 **I like starting my day with a familiar routine.**
Starting the day | True for me

4 **I choose which notifications remain visible in the evening.**
Digital transitions | Mostly not true

5 **I prepare clothes or materials in advance.**
Preparing for the morning | True for me

6 **I give myself a moment to get oriented in the morning.**
Starting the day | Mostly true

7 **I deliberately choose between meeting someone and time alone.**
Evening choices | True for me

8 **I consider how much time my morning routine needs.**
Preparing for the morning | Mostly true

9 **I finish larger projects before the final part of the evening.**
Evening choices | Partly true

10 **I look at what is planned for the day in the morning.**
Starting the day | True for me

11 **I distinguish planned media time from casual checking.**
Digital transitions | Partly true

12 **I adjust lighting to my evening activity.**
Evening choices | Mostly true

13 **I adjust my morning to the kind of day ahead.**
Starting the day | True for me

14 **I deliberately stop a programme or a feed.**
Digital transitions | Mostly true

## Your responses in full / CONTINUED

| | | |
|---|---|---|
| 15 | **I agree shared morning plans in advance.** | Preparing for the morning \| Mostly not true |
| 16 | **I also choose screen-free activities at the edges of the day.** | Digital transitions \| Partly true |
| 17 | **I deliberately choose when to interact with others.** | Starting the day \| Partly true |
| 18 | **I agree with others when a reply can be expected.** | Digital transitions \| Mostly not true |
| 19 | **I note something I want to remember in the morning.** | Preparing for the morning \| True for me |
| 20 | **I finish an evening activity at a time I choose.** | Evening choices \| True for me |