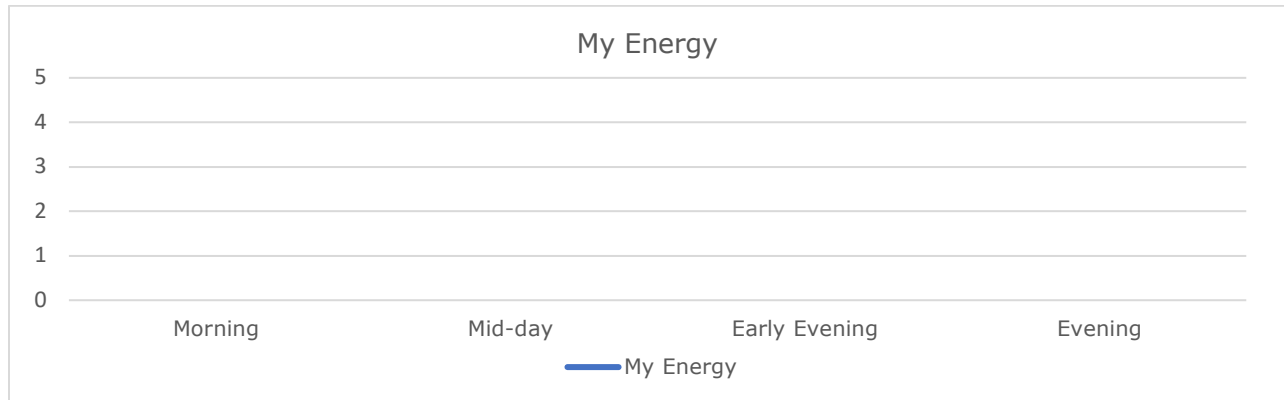


Biological Prime Time

Overview of Biological Prime Time

- Biological prime time (BPT) refers to when you have the most energy or feel you are most productive in accomplishing your tasks.
- While BPT varies among students, you can employ knowledge of when you have the greatest levels of energy for tasks requiring the highest levels of focus (e.g. class meetings, study times, etc.).

Use the chart below to graph your energy levels across a typical day (0 = no energy; 5 = high energy). Your BPT is the point where your graph reaches its highest peak. Customize the chart to determine what times of day are equivalent to morning, mid-morning, early evening, and late evening).



Early Birds and Night Owls

Early Birds have most of their energy in the morning. For an early bird, it is easy to get up in the morning and accomplish tasks. Early birds might also:

- Enjoy early morning classes, because they may have less energy at the end of the day.
- Go to bed earlier at night, so they can get up early the next morning.
- Be tired by the midafternoon as most of their energy is expended at that time.

Night Owls tend to have most of their energy in the afternoon and evening. Night owls might also:

- Experience difficulty waking up in the morning because they often stay up late.
- Enjoy late afternoon or evening classes as they better match their energy.
- Set multiple alarms in order to wake up in the morning.

Review the statements below and identify all that apply to you.

I roll out of bed eager to face the day.	I have to drag myself out of bed.
I manage to get up without an alarm.	I regularly hit snooze on my alarm clock.
My friends tell me I am a morning person.	My friends complain I am not chipper in the morning.
I tend to run out of steam by the middle of the afternoon.	I tend to get a second wind in the middle of the afternoon.
I prefer to get tasks done before noon.	I prefer intense activity in the afternoon.
I can't function without a minimum amount of sleep.	I can function on little or no sleep.

*If you selected more items in the left column, you are likely an early bird. If you selected more items in the right column, you are likely a night owl.

Reflecting on Your Biological Prime Time

Answer the questions below to reflect on how you will utilize knowledge of your biological prime time in the future.

1. Why is it important to be aware of your biological prime time?

2. How can knowledge of your BPT benefit you academically, personally, or professionally?

3. What tasks would you like to accomplish during your biological prime time?

4. What tasks can you save for when your energy is lower?

5. How else does your knowledge of BPT influence your approach to managing your time and energy?
