



Night owls vs Early birds

Description

Night owls vs Early birds:

- A night owl is a person, who regularly stays awake and active at night and wakes up late. An early bird is a person, who goes to bed early and wakes up in the early morning.
- This classification system based on a sleep schedule is called a chronotype. There are actually four chronotypes – Lions (morning persons), Bears (most active from late morning through the early afternoon), Wolves (Late-night sleepers – they are most active in the evening hours), Dolphins (Alertness and brain activity increases at night time).
- The sleep-wake cycle depends on circadian rhythms, which are part of the body's internal clock. So, sleep patterns are influenced by genetics.
- Even though the early-bird chronotype is glorified and promoted by many successful people, both night owl and early bird categories have the same potential to be productive and to become successful.
- But society runs according to the morning person type. For example, most of the schools, colleges, offices start by 9 am, which is in favour of early birds. So, that results in a lack of sleep for night owls and hence they tend to feel tired throughout the day. This is the reason several late-night sleepers suffer from sleep deprivation and that leads to mental health issues such as mood disorders anxiety and depression. So, early birds are happier than night owls.
- There is less chance of physical activity for night owls due to not having enough time to exercise.
- As many offices are now offering flexible work schedules, night owls can better balance their work and sleep.
- Due to the changes in body chemistry, our chronotypes change throughout our lives.
- Sleep patterns can be modified but the change should be done in increments. For example, if you wake up at 6 am, you can move it an hour backwards and can wake up at 5 am for a few days to get used to the new sleep pattern.
- It is important to understand our circadian rhythm so that we can utilize our best times of the day for productivity and also can schedule our day to have sufficient sleep.

Conclusion:

Morning persons are called early birds and late-night sleepers are called night owls. Our sleep patterns mostly depend on our circadian rhythms, which are part of the body's internal clock. It is important to understand our circadian rhythm so that we can utilize the best hours of our day to improve productivity.

Your Turn...

Are you a night owl or an early bird? Express your thoughts on this topic through the comment section below. And subscribe to our blog to read answers to the trending GD topics.

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References:

- [Early birds may be more active, but night owls can catch up](#)

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- [Early risers and night owls: A neuroscientist explains who is happiest](#)
 - [The Four Chronotypes: Which One Are You?](#)
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