

LAYOVER ASSESSMENT ADJUSTMENT QUESTIONNAIRE Determining Your Adjustment to Local Time During Layover

Answer the following questions according to your activities during layover. Circle the most appropriate option. Use the Body Clock Questionnaire (BCQ) to compare your normal (average) timing of activities at home to your timing of activities during layovers. These questionnaires will help you determine how different your normal times are from your layover experience and whether you have started to adjust to local time during a layover.

	At normal Base time	Close to Base time	Closer to Base time than Local time	Closer to Local time than Base time	Close to Local time	At Local time
At what time did you take your main sleep?	1	2	3	4	5	6
At what time did you start to feel tired?	1	2	3	4	5	6
At what time did you feel like taking a nap?	1	2	3	4	5	6
At what time did you feel most alert?	1	2	3	4	5	6
At what times did you have your meals?	1	2	3	4	5	6
At what time did you have your bowel movement?	1	2	3	4	5	6

Calculate your overall score by adding all of the numbers you circled.

If you scored between 6 and 17, your body clock is largely on Base time.

If you scored between 18 and 24, your body clock has started to adjust to Local time but has not fully done so.

If you scored between 25 and 36, your body clock is largely on Local time.