

# RISE AND SHINE

Pack the most into your working hours by knowing your sleep type.

When it comes to falling asleep and waking up, we all do things differently. Board-certified sleep specialist and *Power of When* author Michael Breus defines four “chronotypes.” Knowing not to act like a wolf when you’re a bear can ease your mornings and reduce after-lunch slumps. For more details on your specific profile, take the Sleep Doctor’s full quiz at [thepowerofwhenquiz.com](http://thepowerofwhenquiz.com). —*Rich Bellis*



## Bears

50% TO 55% OF THE POPULATION  
Get-it-done extroverts who tend to oversleep



## Lions

15% OF THE POPULATION  
Regimented, type A early risers



## Wolves

15% TO 20% OF THE POPULATION  
Coffee junkies who stay up late



## Dolphins

10% OF THE POPULATION  
Anxious insomniacs and light sleepers

6 a.m.  
7 a.m.  
8 a.m.  
9 a.m.  
10 a.m.  
11 a.m.  
12 p.m.  
1 p.m.  
2 p.m.  
3 p.m.  
4 p.m.  
5 p.m.  
6 p.m.  
7 p.m.  
8 p.m.  
9 p.m.  
10 p.m.  
11 p.m.  
12 a.m.

### Morning Routine

- Get the blood flowing with some stretching.
- Eat a light breakfast: fruit, yogurt, nuts, and a tall glass of water.
- Plan your day.
- At 10 a.m., grab that coffee.

### Peak Working Hours

- Kick off your first period of high alertness with something that takes a lot of focus.
- As your caffeine boost wears off, head outside and soak in some sunlight.
- Lunch, around noon, will give you a second boost for more high-value tasks.
- Around 2 p.m., your energy will start to ebb, but you’ll be in a great mood. Time for meetings, brainstorming, and protein-heavy snacks.

### After Work

- Exercise (and don’t worry if it’s tough getting started).
- Sit down for a light dinner, and go easy on the carbs.
- After dinner is prime time for bears to socialize.

### End of Day

- Power down at 10 p.m. and lights out by 11. You have the energy to stay up, but don’t. You’ll regret it tomorrow.

### Morning Routine

- Lions wake up easily around 5:30 a.m. without an alarm.
- Have a high-protein breakfast by 6, avoiding carbs if you can.
- Find a quiet spot to meditate.
- Take a cool shower by 7:30.
- Time for a coffee at 9.

### Peak Working Hours

- Eat a small snack like a protein bar.
- From 10 a.m. onward, it’s peak productivity time: morning meetings, calls—or chip away at a couple of big strategic tasks.
- Instead of hitting up a business mixer after hours (you’ll be drained by then), schedule a networking meeting over lunch.
- Between 1 and 2:30 p.m., slide into solo work, and avoid detailed work after 3.

### After Work

- Your energy will start to dip, so leave work early.
- 4:30 or 5 p.m. is a great time to work out, giving you a slight energy boost for the evening.
- Make dinner a mix of protein, healthy fats, and carbs.

### End of Day

- You’ll still have energy to socialize but will want to be home in time for bed at 10:30.

### Morning Routine

- Getting up is the hardest part of the wolf’s day.
- Crawl out of bed after hitting snooze once. Sunlight will let your body know it’s time to wake up.
- Rehydrate. We lose up to a liter during sleep.
- Go for a 20-minute walk.
- Coffee time at 11 a.m.

### Peak Working Hours

- Wolves tend to reach for sugary snacks and caffeine early. Avoid that and you’ll get a burst of energy instead of a crash.
- Knock out busywork between 11 and lunch (around 1 p.m.).
- At 2, you’ll be at the top of your game. Switch to the tough tasks on your to-do list.
- At 5, have a snack and keep working. You’re at your most creative and energized through early evening.

### After Work

- Exercise around 7 p.m.
- Dinner at 8.

### End of Day

- Turn off all screens by 11 so you are asleep by midnight.

### Morning Routine

- Jump out of bed and into your running shoes. Break a light sweat and get some sun.
- Take a cool shower by 7:30, to avoid getting drowsy again.
- Grab breakfast around 8: half carbs, half protein.

### Peak Working Hours

- Have a small coffee by 9:30 or 10, but make sure it’s half decaf. You’ll need less of a boost than you think.
- Between 10 a.m. and noon is peak creativity, so work on the harder, big-picture goals you’ve set for the day.
- After lunch, around 1 p.m., you’ll be fading, so leave your desk and get some direct sunlight for at least 15 minutes.
- You’ll be at your most alert during late afternoon. Plug away at detailed tasks until 6 p.m.

### After Work

- Grab a banana and head to yoga class. Avoid a high-intensity workout.
- Dinner at 7.

### End of Day

- By 10 p.m., begin a bedtime ritual that can help you relax (a hot soak, for example). Drift off around midnight.