

## Activities for **Enlighten your clock: How your body tells time**

Freely available as a PDF download at <https://enlightenyourclock.org/>



### **Activity 1: Animal sleep**

In the comic book, one of the protagonists is a cat.

1. What do you know about sleep in animals? Pick an animal – it can be your favourite animal – and find out what we know about their sleep-wake cycle using library/internet research.
2. If you have a pet, what do you know about their sleep-wake cycle?

### **Activity 2: Your friends' and family's chronotype**

Page 15 of the comic book contains a self-test to find out whether you are morning lark or a night owl.

1. Do the test *yourself*. Are you a “morning lark” or a “night owl”? Does it correspond to what you would consider yourself?
2. Ask your friends and family to do the self-test as well. What chronotypes are they?
3. Imagine you asked 1000 people to do the self-test. How many people would you expect to be morning or evening types, or neither? Why?

### **Activity 3: Self-reflection**

What was most surprising about the comic book? What would you like to learn more about?

### **References**

Weinzaepflen, C. & Spitschan, M. (Ed.) (2021). *Enlighten your clock: How your body tells time*. (C. Weinzaepflen, Illus.). DOI: [10.17605/OSF.IO/ZQXVH](https://doi.org/10.17605/OSF.IO/ZQXVH)