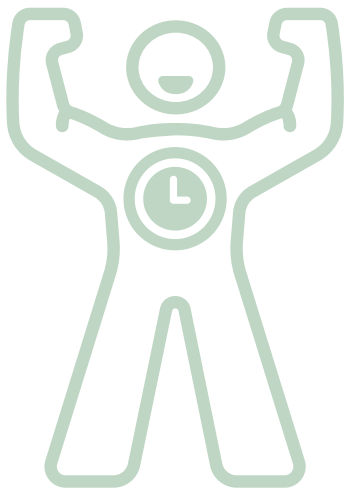


# THE PULSE

WELLBEING NEWS IN A MINUTE

## THIS MONTH'S FOCUS:

### WHAT'S YOUR CHRONOTYPE? YOUR RHYTHM TO LIFE



## YOUR CHRONOTYPE

Every person has an animal alter ego that reflects our internal biological clock or chronotype. There are four animal alter egos: bear, wolf, dolphin, and lion. Each one has specific windows of productivity and rest. What's yours?



[Take the quiz and find out here.](#)

## READS & SOUNDBITES



### Reads:

- The Power Of When by Michael Breus, PhD

### Soundbites:

- Michael Breus on the power of chronotypes and sleep

## WHEN ARE YOU MOST PRODUCTIVE?

- People with the bear chronotype are most productive between 10am - 2pm.
- People with the dolphin chronotype are sporadically productive.
- People with the wolf chronotype are not morning people and are productive late into the afternoon.
- People with the lion chronotype are the early risers and most productive early in the day.

