

# The Chronotype Cheat Sheet

Which type are you, and when is your brain actually at its best? A quick reference for working with your biology instead of against it.

## ~15% Early Riser

PEAK 6AM - 10AM

**Do your hardest work** first thing, while you are sharpest.

**Save for the dip:** email, admin, and meetings in the afternoon.

**Your #1 mistake:** scheduling deep thinking after lunch, once you have already faded.

## ~55% Midday Maker

PEAK 10AM - 2PM

**Do your hardest work** in the late morning, and protect it.

**Save for the dip:** email and standups for early morning or late afternoon.

**Your #1 mistake:** burning your peak on the inbox before the real work starts.

## ~30% Night Owl

PEAK 4PM - EVENING

**Do your hardest work** later in the day, when you finally come alive.

**Save for the dip:** autopilot tasks and routines for the morning.

**Your #1 mistake:** forcing 5am starts and judging yourself for a slow morning.

Not sure which one you are? Take the free 2-minute quiz at [peaktimeplaybook.com](https://peaktimeplaybook.com)