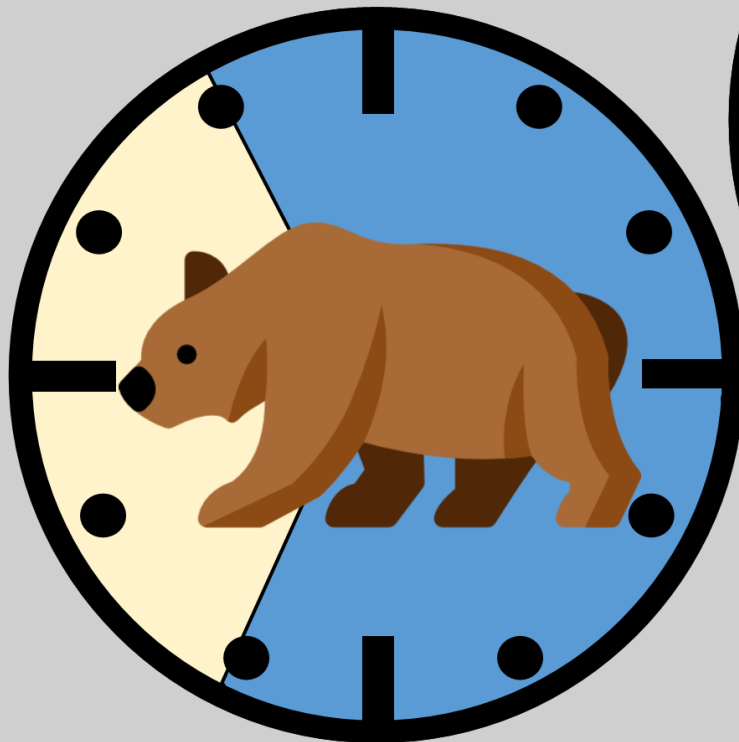
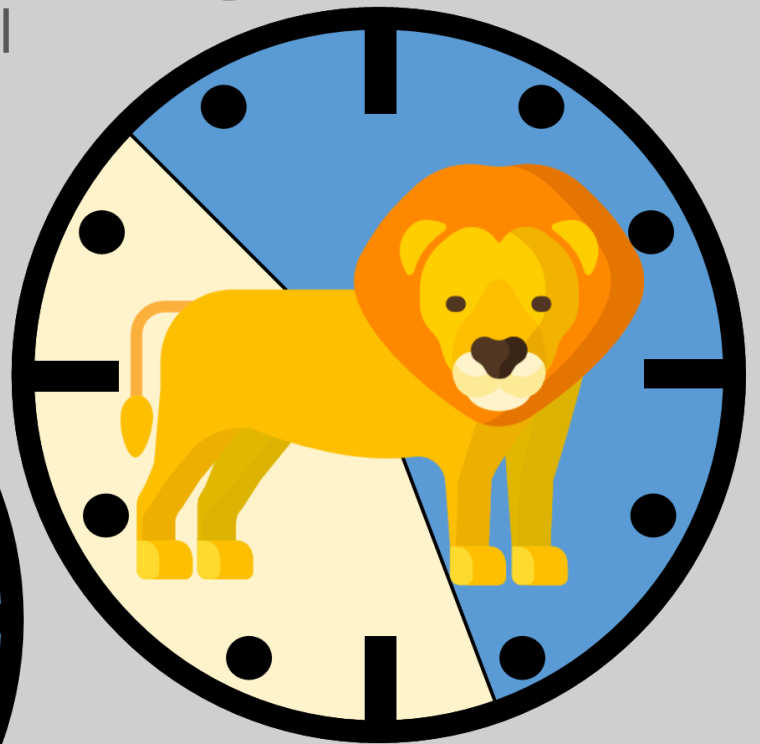
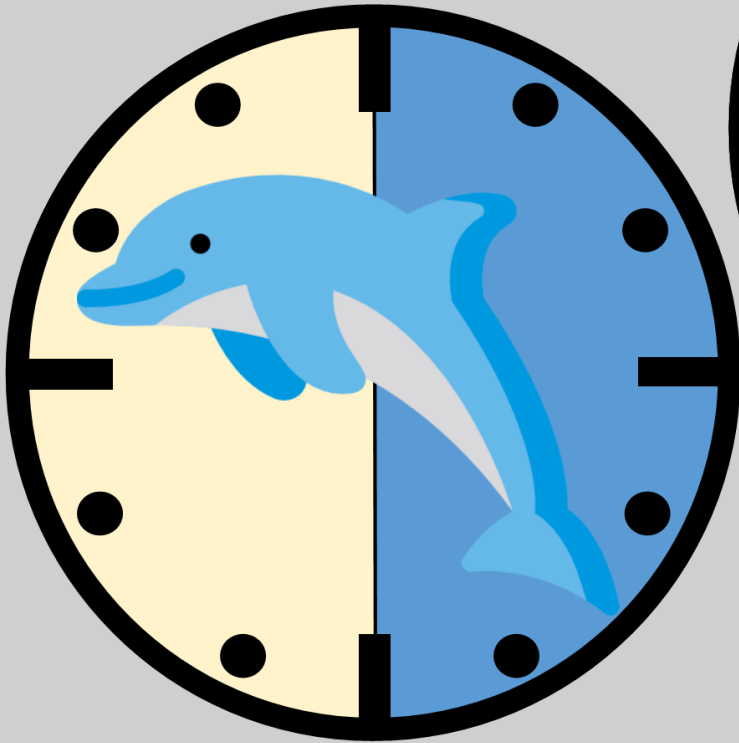


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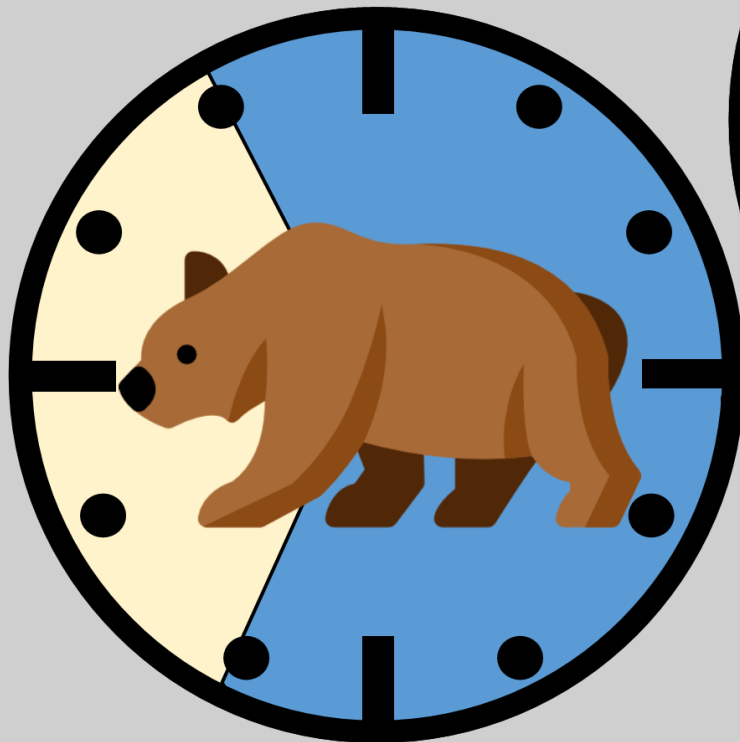
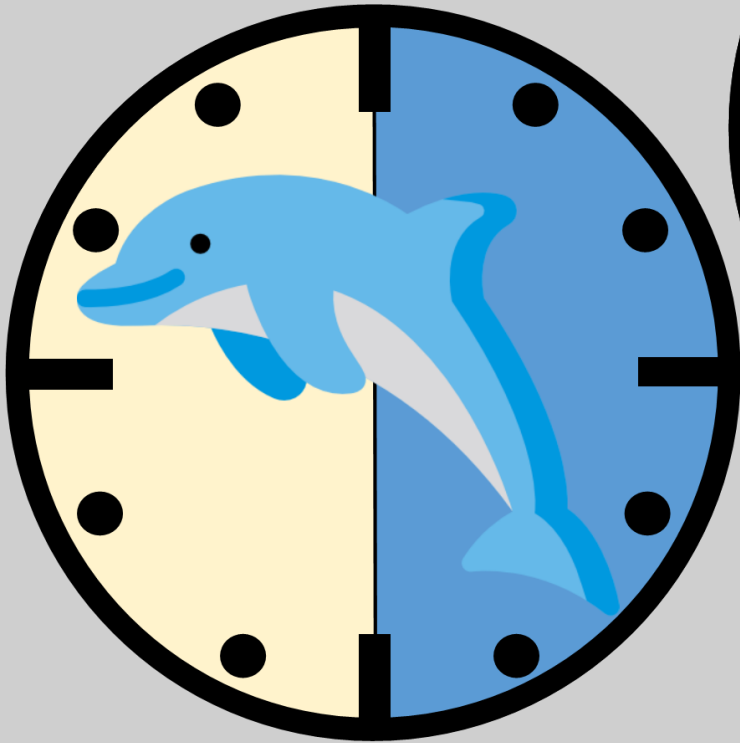
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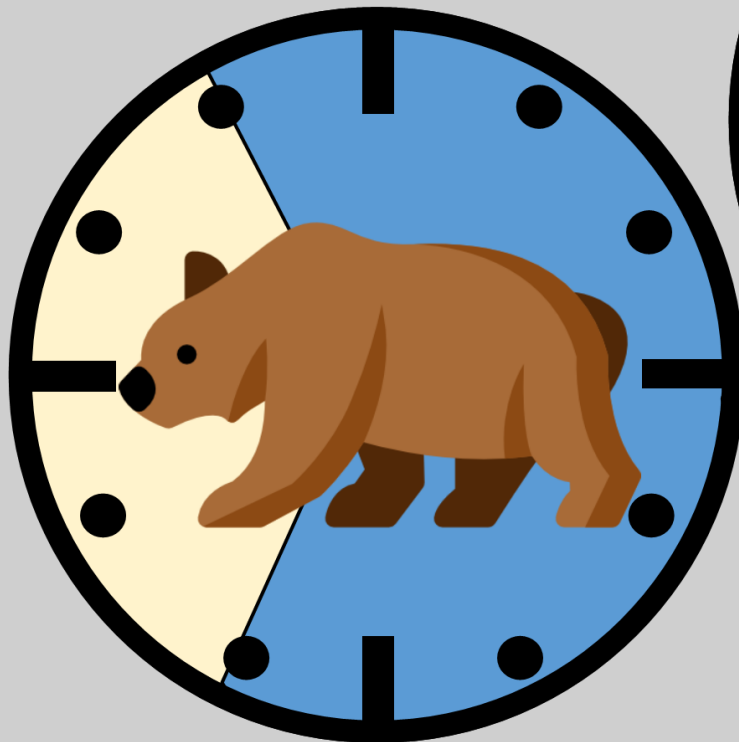
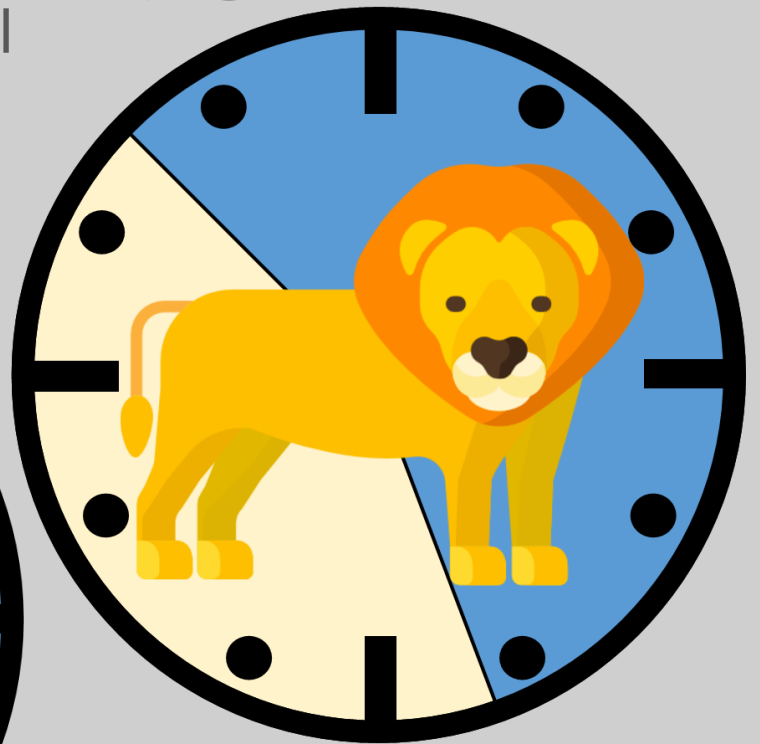
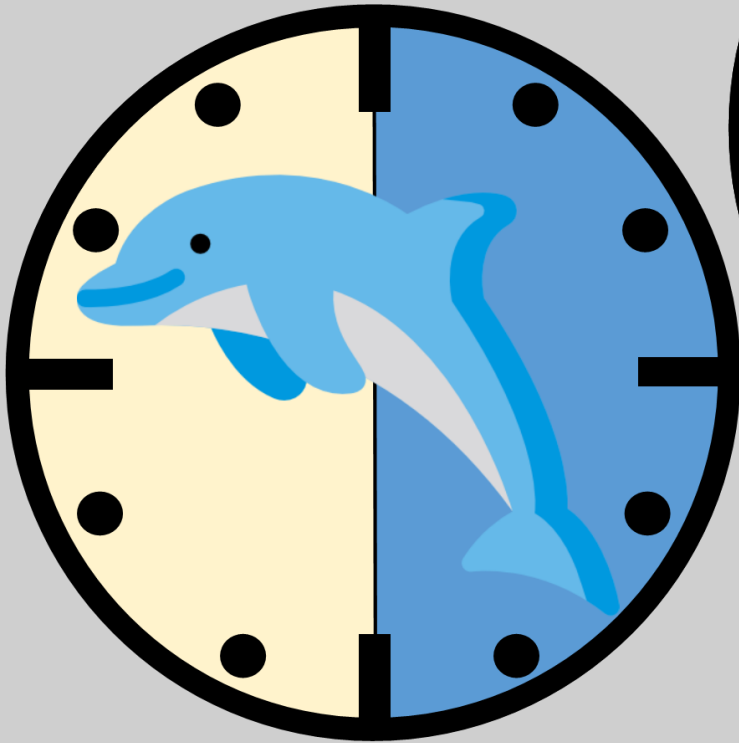
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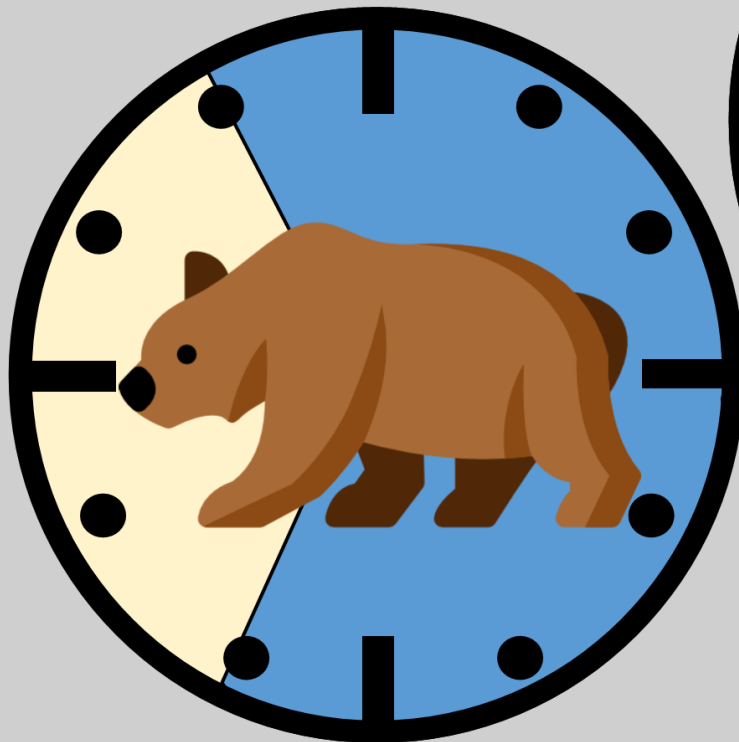
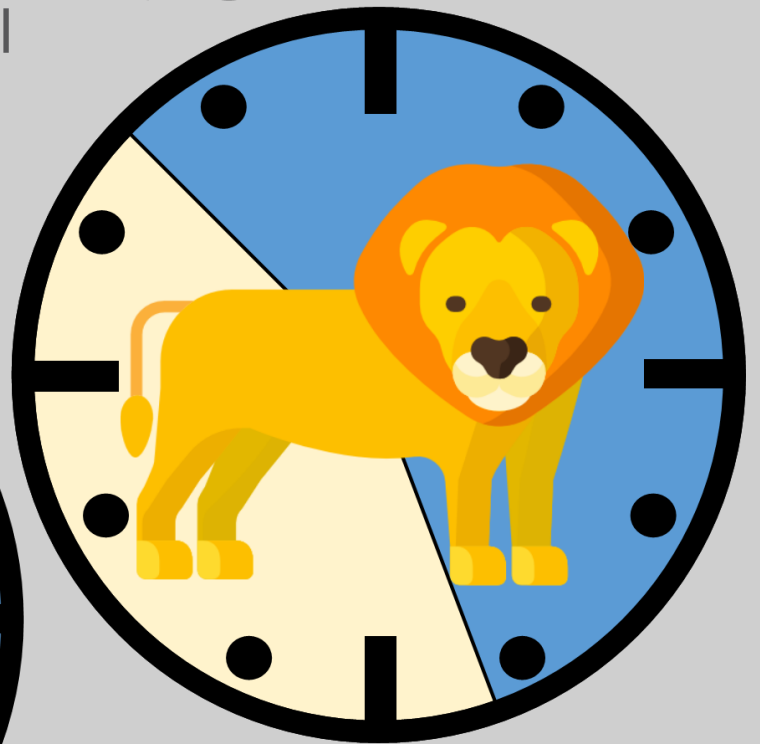
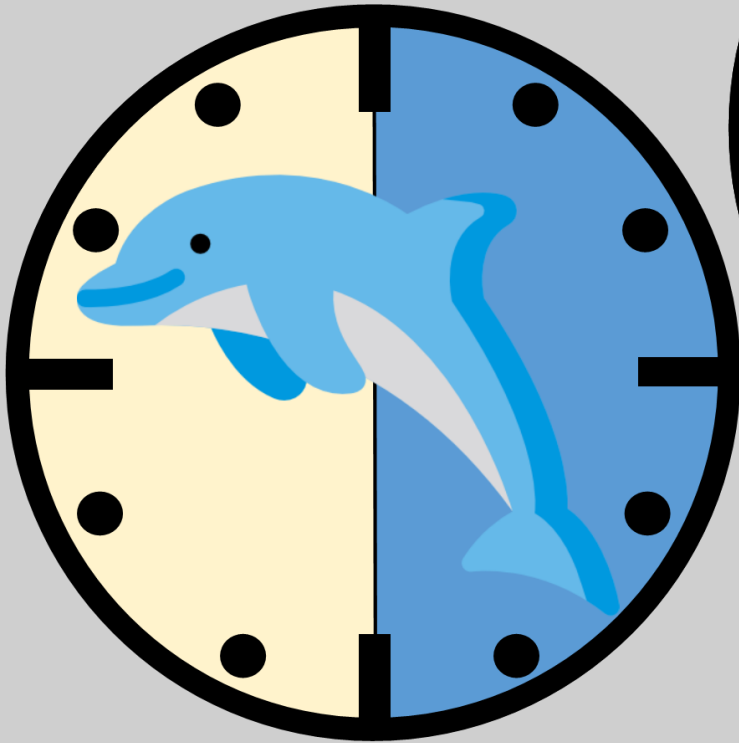
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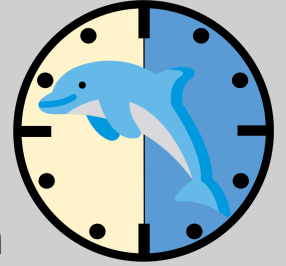


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“Dolphins

Dolphins “only sleep with half of their brain at a time?” Sound familiar? Well, this is the insomniac (often self-diagnosed) group. You might be anxious and have trouble turning your brain off at night. **Dolphins usually don’t get a complete night’s sleep.** About 10% of the population falls in this category. And even though they wake-up tired, dolphins are most productive by the mid-morning. Sleep experts recommend that dolphins get up around **6 am** and try to sleep around **midnight**.



Lions

Lions are the new early birds. And like these wild cats, you are most alert in the morning. You have no trouble waking up and getting to work. But, **lions tend to feel the afternoon slump.** And by the evening, they feel drained. About 15% of the population identifies as a lion. Sleep experts recommend that lions wake up around **5:30 am** and go to sleep by **10:30 pm**.



Bears

No, you don’t need to hibernate. But, like these diurnal (awake during the day, asleep at night) creatures, you follow the solar cycle. **Bears generally feel awake during the day and need 8-hours of solid sleep at night.** About 50% of the population falls into this category. This group is productive in the morning and struggles with the mid-afternoon slump. Sleep experts recommend that bears wake up around **7 am** and go to sleep by **11 pm**



Wolves

Alright night owls, this is your group. Just like these nocturnal creatures, you are most alert at night. **Wolves tend to stay up later and struggle with waking up early.** Only about 15% of the population falls into this group. Wolves are more productive in the later afternoon and evening. Sleep experts recommend that wolves set their alarm for **7 am (snooze for 30 minutes)** and go to sleep by **midnight.**”(1)

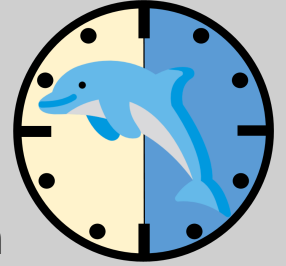


Source: (1) <https://mantasleep.com/blogs/sleep/how-understanding-your-chronotype-helps-you-sleep-better>

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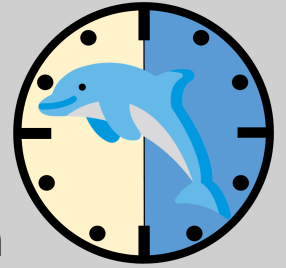


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