

# Your Sleep Habits Impact Your Personality

For some people, the sound of an alarm clock is the most annoying sound on the planet. The awful sound interrupts their peaceful sleep and forces them out of their warm beds.

These 'night owls' know why they're tired. They stayed up too late, perhaps watching TV or playing video games or hopefully, they stayed up late to study, write, paint or play the violin.



Not everyone hates mornings though - 'morning people' are out there. They seem to be full of energy in the morning. They enjoy the start of a new day. They go to bed early and get up feeling happy and alert. Many morning people look forward to starting their day by exercising, reading, self-improvement, or planning their day.

Whatever you are, a night owl or a morning person, there's a scientific connection between your sleep preferences and your personality.

Some researchers believe that our personalities are formed due to our sleeping preferences. And they believe that our sleeping habits may stem from the survival tactics of the earliest humans.

Far back in our past, when humans were nomadic groups of hunters and gatherers. If the entire group slept at the same time, the group would be defenseless against attacks from predators or other groups of hunters and gatherers.

For protection reasons, it was important to always have someone keeping watch over the group. Some of our ancestors would sleep more during the day and others would sleep more during the night.

The same researchers believe that whether you're a night owl or an early bird, there's a good chance that it's a result of genetics carried over from our early ancestors.

According to ASAP Science, there are pros and cons for each sleeping preference.

Night owls tend to be more artistic, creative, and are known to be risk-takers.

With the distractions of the day gone, it makes sense that this would be the perfect time to paint, write or compose a song.

Many of the greatest intellectuals and leaders in history were night owls. Leonardo da Vinci didn't take extended sleeps. Instead he would take short cat naps to rest. He'd often work on projects from dusk until dawn.

Winston Churchill who was instrumental in bringing about an Allied victory during World War II, only slept four hours a night.

Robert Frost, Alan Ginsberg, Charles Dickens and Carol Ann Duffy were all night owls.

Early birds tend to be optimistic, energetic and positive, and as a result, rather productive.

Early birds usually have more positive social traits, like being proactive and positive, and are less susceptible to depression or addictions.

Certainly, early birds seem to live by the "carpe diem" - seize the day - way of life. They believe enthusiastically in improvement and possibility.

Perhaps this is why so many leaders, entrepreneurs and successful businesspeople are morning people. To name a few, President Barack Obama, Anna Wintour and Richard Branson all believe passionately in the importance of rising early.

Morning people believe that they are able to make the most of the day. There is no hurry, no disorder, but enough time to plan and perform everything that must be done.

Here's a great quote from Benjamin Franklin: Early to bed and early to rise makes a man healthy, wealthy and wise.

Whether you're up with the sun or up with the stars, it's fascinating to think how our sleep habits impact our personality.

So, what are you? A morning person or a night owl?