

Read the article about morning and evening people. Answer the questions below.

Are you allergic to mornings?

Are you somebody who can't wake up in the morning? Do you need two cups of coffee before you can start a new day? Do you feel awful when you first wake up? Scientists say it's all because of our genes. How did they find this out? Researchers from the University of Surrey interviewed 500 people. They asked them questions about their lifestyle, for example what time of day they preferred to do exercise and how difficult they found it to wake up in the morning. Scientists then compared their answers to the people's DNA.

They discovered that we all have a 'clock' gene, also called a Period 3 gene. This gene can be long or short. People who have the long gene are usually people who are very good in the morning, but who get tired quite early at night. People who have the short gene are usually people who are more active at night but who have problems waking up early in the morning. How does it help us to know if we have the long or short gene? Scientists say that, if possible, we should try to change our working hours to fit our 'body clock'. If you are a 'morning person' then you could start work early and finish early. But if you are bad in the mornings, then it might be better to start work in the afternoon and work until late at night. So maybe, instead of nine to five it should be seven to three or twelve to eight.

1. Scientists say that if we are bad at getting up in the morning, this is because
 - a) we are born like that
 - b) we go to bed too late
 - c) we drink too much coffee.
2. Researchers asked people questions about
 - a) the way they lived.
 - b) science.
 - c) sport and exercise.
3. They discovered that people who have a short 'clock' gene
 - a) are better in the morning than in the evening.
 - b) get tired very early.
 - c) are better in the evening than in the morning.
4. They recommend that people who have a long 'clock' gene
 - a) should only work in the afternoon and evening.
 - b) should start work early and finish early.
 - c) should start work late and finish late.