



Wake-Up Time



play+6f0eac7e6e, people with your genetics in their 60s wake up on average around **7:00 am** on their days off.

When does your internal alarm clock ring?

Our biological sleep rhythms affect when we naturally prefer to fall asleep and wake up. We looked at data from 23andMe research participants and discovered genetic associations with being a morning person or a night person. Fittingly, self-described morning people tend to wake up earlier than self-described night people.



Your wake-up time prediction

To predict your wake-up time, we looked at 450 places in your DNA that are associated with being either a morning person or a night person. In addition to genetics, as you get older you're likely to naturally wake up earlier. Adjust the tools below to see how different genetics and age could affect wake-up times.

GENETICS *Move the slider to change genetics*

Morning Person

 Night Person

AGE

60s Reset



Scientific Details ^

We identified **450 genetic markers** that were associated with being a morning person or a night person. These findings also took into account non-genetic factors, specifically **age** and **sex**. Then we looked at survey responses from over **70,000** 23andMe research participants across **all ethnicities** to calculate a statistical model that predicted your average wake-up time. This statistical model has an **R² value of 1.3%**.

Read More:

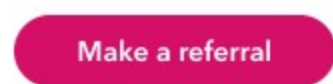
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- [Hu Y et al. \(2016\). "GWAS of 89,283 individuals identifies genetic variants associated with self-reporting of being a morning person." Nat Commun. 7:10448.](#)
- [Saksvik IB et al. \(2011\). "Individual differences in tolerance to shift work--a systematic review." Sleep Med Rev. 15\(4\):221-35.](#)
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- [23andMe. \(2015\). "White Paper 23-12: Estimating Complex Phenotype Prevalence Using Predictive Models."](#)

Keep in mind that these results from 23andMe research are preliminary and are meant for informational purposes only.

Did you find this interesting? Yes No



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