

Resolving Power of Modified Engehnann Scale for Determining Chronotype in Human Population

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ABSTRACT Five hundred and eighty two subjects responded on a modified Engelmann's questionnaire designed to determine chronotypes. The result were morning active (75%). Of the remaining, 16% were evening active and 9% were intermediate type. The resolving power of the questionnaire was further confirmed by the study of the characteristics of oral temperature rhythm in a sample of 10 healthy human subjects. The conclusions obtained by using the scale was well supported by the results of sleep analysis and also by the data on, body temperature time series analyzed with the help of cosinor and power spectrum methods.