



Expenditure of time Questionnaire

1. Do you spend enough time on the 'real' work?
2. If not, what are the most important reasons that you do not get round to the 'real' work?
3. At what time of the day do you have the most energy and are you the most alert?
4. What kind of tasks do you carry out at such times?
5. Do you often postpone work?
6. For how long are you able to concentrate on a task?
7. How long do you break from work each day?
8. How much sleep do you need?
9. Do you plan your days off?
10. What could you improve?