

People are happiest in the mornings, says study

10th February 2025



A study suggests that people feel happiest in the mornings, and that midnight is the time we feel the bluest. Researchers from University College London conducted a comprehensive study on mood, frame of mind, and mental well-being at varying times of the day. They asked test participants to rate their feelings of happiness, overall satisfaction with life, and to what degree they thought life was worthwhile. The researchers concluded that: "Generally, things do seem better in the morning." They said: "Across a...diverse sample, we repeatedly saw mornings align with better mental health...and midnight with the lowest." This was so even when accounting for differences in individual characteristics."

The researchers also investigated which days of the week we felt happiest. They suggested that we feel happiest on Sunday mornings, when feelings of anxiety are more subdued. This is perhaps attributable to people having the chance to unwind on Saturdays. People are also more likely to have fun on Saturdays. Perhaps they splash out on something nice while shopping, or get together with friends. This has a positive impact on making us feel happier the following day. The researchers posited that other "drivers" could affect our feelings of positivity. These include the seasons, "weather (temperature, precipitation, humidity...) as well as various sociocultural cycles".

Sources: theguardian.com / fortune.com / scitechdaily.com

Writing

Mornings are the best time of the day. Discuss.

Chat

Talk about these words from the article.

study / happiness / mornings / feeling blue / mood / mental well-being / midnight / Sunday mornings / anxiety / unwind / fun / splash out / something nice / seasons

True / False

- 1) A study suggests we are at our saddest at midnight. T / F
- 2) Researchers analyzed people's moods at 9 o'clock every morning. T / F
- 3) Researchers said most people thought life was not worthwhile. T / F
- 4) The study said people in accounting jobs are the unhappiest. T / F
- 5) People were happiest on Saturday mornings. T / F
- 6) The researchers said people spend Sundays unwinding. T / F
- 7) The study said people might spend a lot on shopping on Saturdays. T / F
- 8) Rain, hail and snow can affect our feelings of positivity. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|--------------------------|-----------------------|
| 1. the bluest | a. splurge |
| 2. conducted | b. meaningful |
| 3. mood | c. muted |
| 4. worthwhile | d. carried out |
| 5. accounting for | e. cycles |
| 6. subdued | f. considering |
| 7. attributable | g. rain, snow or hail |
| 8. splash out | h. the most down |
| 9. precipitation | i. put down to |
| 10. rhythms | j. emotional state |

Discussion – Student A

- a) How are you with mornings?
- b) Why might we feel happier in the mornings?
- c) What frame of mind are you in right now?
- d) How often do you have mood swings?
- e) Why might mornings be better than evenings?
- f) How would you rate your happiness?
- g) How would you rate your satisfaction with life?
- h) To what degree do you think life is worthwhile?

Phrase Match

- | | |
|--------------------------------------|------------------------------|
| 1. midnight is the time we | a. humidity |
| 2. mental well-being at varying | b. with better mental health |
| 3. to what degree they thought life | c. cycles |
| 4. we repeatedly saw mornings align | d. times of the day |
| 5. This was so even when accounting | e. unwind |
| 6. feelings of anxiety are more | f. was worthwhile |
| 7. people having the chance to | g. out on something |
| 8. Perhaps they splash | h. for differences |
| 9. temperature, precipitation, | i. feel the bluest |
| 10. as well as various sociocultural | j. subdued |

Discussion – Student B

- What do you think about what you read?
- Are you more of an early bird or a night owl?
- How often do you feel unhappy at night?
- On what days of the week do you feel happiest?
- How often do you experience anxiety?
- When was the last time you splashed out on something nice?
- How does the weather affect your happiness?
- What questions would you like to ask the researchers?

Spelling

- the time we feel the bluest
- a noeeevcmrps study
- aelrov satisfaction with life
- Across a rievdes sample
- mornings gilan with better mental health
- differences in individual accrteshrictais
- vtanidsteige which days of the week we felt happiest
- feelings of axtiyne
- more uedudbs
- trtlubebiata to people having the chance
- temperature, apoerptinitci, humidity ...
- various ctoirslulaou cycles

Answers – Synonym Match

1. h	2. d	3. j	4. b	5. f
6. c	7. i	8. a	9. g	10. e

Role Play

Role A – 3 am

You think 3 am is the best time of the day. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these (and why): 9 am, 3 pm or 9 pm.

Role B – 9 am

You think 9 am is the best time of the day. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these (and why): 3 am, 3 pm or 9 pm.

Role C – 3 pm

You think 3 pm is the best time of the day. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these (and why): 9 am, 3 am or 9 pm.

Role D – 9 pm

You think 9 pm is the best time of the day. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these (and why): 9 am, 3 pm or 3 am.

Speaking – Time of the day

Rank these with your partner. Put the best times of the day at the top. Change partners often and share your rankings.

- | | |
|------------|--------|
| • 3 pm | • 3 am |
| • 6 pm | • 6 am |
| • 9 pm | • 9 am |
| • midnight | • noon |

Answers – True False

1	T	2	F	3	F	4	F	5	F	6	F	7	T	8	T
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Answers to Phrase Match and Spelling are in the text.