



Camilla Kring, PhD

Founder, Super Navigators ApS
ck@supernavigators.com

- Civilingeniør
- Ph.d. i Work-Life Balance
- Forfatter
- Founder, Super Navigators ApS
B-Society & PenQueens ApS



A-menneske

- Morgenmenneske
- Morgenfrisk
- Får noget ud af dagen



B-menneske

- Natteravn
- Syvsover
- Møder til direkte tid



Samfundet er forandret

industri-samfundet

en familieform
en arbejdsform
en arbejdsrytme (8-16)
et arbejdssted

nutidens samfund

mange familieformer
mange arbejdsformer
forskellige arbejdstider
arbejde kan udføres
forskellige steder



Arbejdets udvikling



industri-samfundet

- 80 % af en virksomheds værdi er materiel.
- Kollektivt arbejdsdesign.
- Klokke-tid – vi sælger arbejds-tid. 8-8-8.

nutidens samfund

- 80 % af en virksomheds værdi er immateriel.
- Individuelt livsdesign.
- Tilpasning af arbejdstider til menneskets døgnrytme.

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Kronobiologi

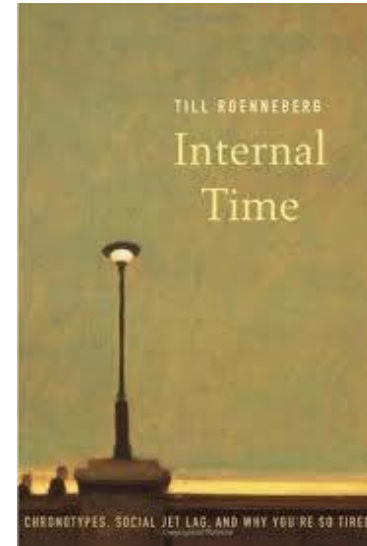
– Historien om dit indre ur



Jürgen Aschoff (1913-98)



Till Roenneberg (1953-)



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World UK **Science** Cities Global development Football Tech Business Environment Obituaries

Nobel prizes

Nobel prize for medicine awarded for insights into internal biological clock

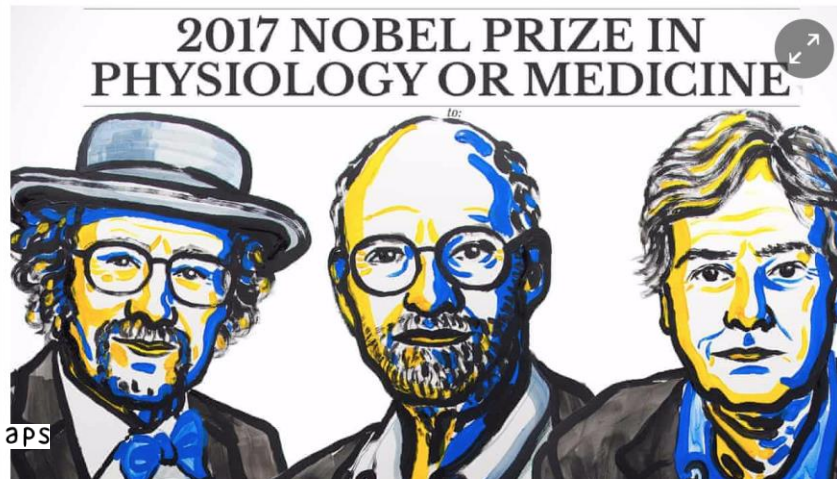
£825,000 prize shared between American scientists Jeffrey C Hall, Michael Rosbash and Michael W Young for work on the internal clock of living organisms

Nicola Davis and Ian Sample

Mon 2 Oct 2017
13.06 BST



14k 164
This article is over 1 year old



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Night owls have higher risk of dying sooner

Evening types have 10 percent higher risk of dying than morning counterparts

NORTHWESTERN UNIVERSITY



PRINT E-MAIL

- First study to show 'owls' have higher risk of mortality
- Switch to daylight savings time is much harder for them
- They suffer from more diseases and disorders than morning larks
- Employers should allow greater flexibility in working hours
- Consider abolishing daylight savings time, scientists say

CHICAGO --- "Night owls" -- people who like to stay up late and have trouble dragging themselves out of bed in the morning -- have a higher risk of dying sooner than "larks," people who have a natural preference for going to bed early and rise with the sun, according to a new study from Northwestern Medicine and the University of Surrey in the United Kingdom (UK).

The study, on nearly half a million participants in the UK Biobank Study, found owls have a 10 percent higher risk of dying than larks. In the study sample, 50,000 people were more likely to die in the 6½ -year period sampled.

"Night owls trying to live in a morning lark world may have health consequences for their bodies," said co-lead author Kristen Knutson, associate professor of neurology at Northwestern University Feinberg School of Medicine.

Previous studies in this field have focused on the higher rates of metabolic dysfunction and cardiovascular disease, but this is the first to look at mortality risk.

Media Contact

Marla Paul
marla-paul@northwestern.edu

[@northwesternu](https://twitter.com/northwesternu)

<http://www.northwestern.edu>

More on this News Release

Night owls have higher risk of dying sooner

NORTHWESTERN UNIVERSITY

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KEYWORDS

DEATH/DYING

DIABETES

MEDICINE/HEALTH

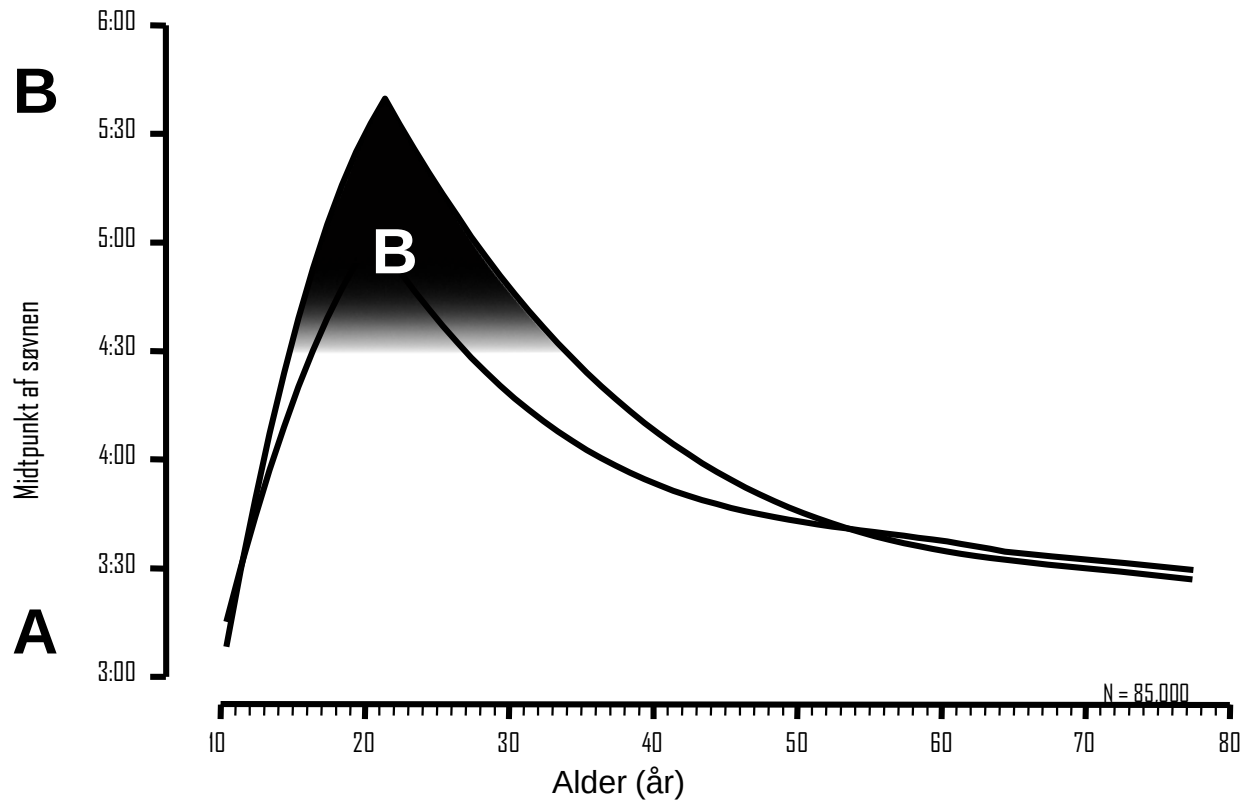
MENTAL HEALTH

METABOLISM/METABOLIC DISEASES

MORTALITY/LONGEVITY

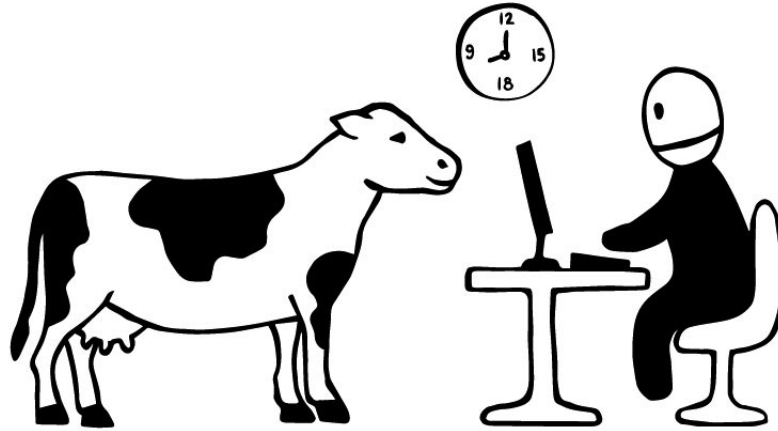
SLEEP/SLEEP DISORDERS





Original result: Roenneberg *et al.*, Curr Biol, 2004

Vidensbonden møder tidligt!



our culture is still deeply rooted in agrarian culture,
but you are not a farmer anymore. you don't have to
be in the office early in the morning.

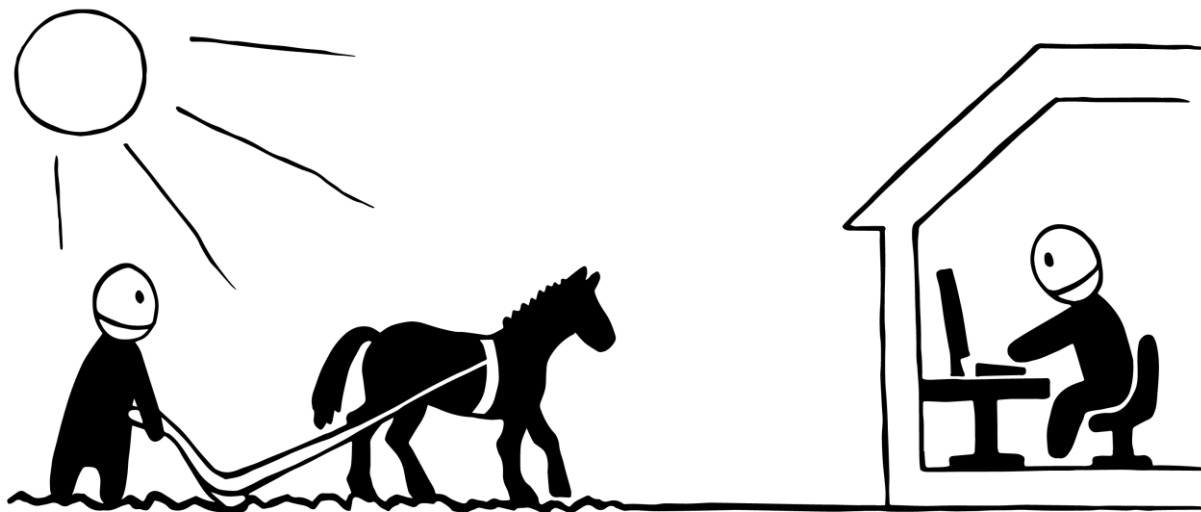


Morgenmenneske - At være det er tegn på høj moral. Hvis man går i seng klokken 4 om morgenen og står op klokken 8, er man doven, men hvis man lægger sig i sengen klokken 9 om aftenen og forlader den klokken 5 næste morgen, er man aktiv.

Gustave Flaubert, *Ordbog over fordomme* (1850)



Fra ko til kontor



Morgenstund hat Gold im Mund
The early bird catches the worm
À qui se lève matin, Dieu aide et prête la main
Chi dorme non piglia pesci
A quien madruga Dios le ayuda
早起的鳥兒有蟲吃

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- Tilpasning af arbejdstider til menneskets døgnrytmer.
- Globalt arbejde – match døgnrytme og tidszone.
- Teamarbejde – synliggør jeres arbejdsrytmer.
- Udvidede åbningstider – tænk A og B.
- Skifteholdsarbejde - giv medarbejderne arbejdstider, der matcher deres biologiske ur.



A RBEJDSDESIGN

- Performance: Morgen og formiddag
- Giv A-mennesker A-arbejdstider



AR **B** EJDSDESIGN

- Performance: Eftermiddag og aften
- Giv B-mennesker B-arbejdstider og lad dem møde efter kl. 10.



Chronotype Equality

Lad børn sove til de vågner

**Indfør en senere mødetid i skolerne, på
ungdomsuddannelserne og universiteterne.**

Indfør A- og B-mødetider på arbejdspladserne

Drop overtidsbetaling for aftenarbejde

Lad os eksperimentere med superfleksible byer



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Life Navigation — mindset and
tools to navigate your life

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