Morningness/eveningness is an attribute of human beings reflecting whether they are alert and prefer to be active early or late in the day. This paper aimed to introduce and preliminarily validate the Romanian translation of the Composite Scale of Morningness (CSM), as well as to set the cut-off points. Healthy, voluntary and unpaid students and adults (N=205), aged between 18 and 69, completed the questionnaire. Results showed that men scored higher than women, and the total score tended to increase with age. Cut-off scores were determined for three age groups: under 30, above 45 and intermediate. Internal validity was 0.875 and two components were extracted from the thirteen items. The questionnaire showed comparable psychometric properties to the existing versions in other languages.

KEYWORDS: diurnal preference, morningness-eveningness, chronotype, circadian rhythms.