

entists discovered that we all have a clock gene OC/
called a Feriod3 gene This Gene Can be long or abso |
eaple who have the lng gene are usually whoshort F
perly good in the morning, but who get tired quite are
y at night People who have the short gene are cart
My pegple who are more active at night but who usua
blems waking early in the MOMMY How have pr
it help as to know if we have the long or short lec
Scientists say that, if possible, we should try gene
hange oure working hours to prt our body clack toe
ii are a morning Person you could start work y
ty ond fieich early if you are bad in the morning ear
a it might be better to start in the afternoon and th
d work untill late at night So maybe, instead of Mine
five it shold be seven to three or twelve to eight Co ,
sou somebody who can t wake Op th the mOrning Are