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Trude

This passage is about a late-riser, <sup>the</sup> person who often gets up late and sleeps away his or her times. On the contrary, early risers often get up early in the morning. Late risers often go to bed very late at evening ~~so called a later-bedder~~. Many people believe that getting up late is a bad habit because it is not good to our health. I am one of those who hold different views.

My point is as far as you keep a regular timetable ~~or~~ a rhythm ~~and stay a~~ sound sleep ~~habit~~, it should <sup>do</sup> ~~make~~ no harm to your health. It can be evidenced by those who move to a far away place and still keep a good health. There is a biological clock <sup>in</sup> your body. This is your body's way of registering time. It does not rely on events such as day and night. It depends on your sleeping habit. Every time your timetable changes, you should use a new schedule to adjust your sleep cycle. After adjustment, your biological clock will go into a new bedtime routine, which <sup>will</sup> ~~makes~~ <sup>assure</sup> your usual sleeping quality and maintains the rhythm of your body. One should always stick to your timetable; even a late-riser can be as energetic as others.

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