Sure, I can help with that. Here’s the corrected passage:

This passage is about a **late-riser**, a person who often gets up late and **spends** his or her time sleeping. On the contrary, early risers often get up early in the morning. A late riser often **goes** to bed very late in the evening, so **they are** called a **late-bedder**. Many people believe that getting up late is a bad habit because it is not good **for** our health. I am one of those who hold different views.

My point is, as long as you keep a regular timetable or a rhythm and **maintain** a sound sleep habit, it should **do** no harm to your health. It can be evidenced by those who move to a far away place and still keep **good health**. There is a biological clock **in** 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 **adapt to** a new bedtime routine, which **ensures** your usual sleeping quality and maintains the rhythm of your body. One should always stick to **their** timetable; even a late-riser can be as energetic as others.

Sure, here are the corrections I made:

1. **“late-riser, person”** to **“late-riser, a person”**: I added an article “a” before “person” to make the sentence grammatically correct.
2. **“sleeps away his or her times”** to **“spends his or her time sleeping”**: The phrase “sleeps away his or her times” is not grammatically correct. The corrected phrase “spends his or her time sleeping” conveys the intended meaning more clearly.
3. **“Late riser often go”** to **“A late riser often goes”**: I added an article “A” before “late riser” and changed “go” to “goes” to match the singular subject.
4. **“so called a later-bedder”** to **“so they are called a late-bedder”**: The phrase “so called a later-bedder” is not grammatically correct. The corrected phrase “so they are called a late-bedder” is more appropriate.
5. **“it is not good to our health”** to **“it is not good for our health”**: The preposition “for” is used with the adjective “good” when talking about health.
6. **“stay a sound sleep habit”** to **“maintain a sound sleep habit”**: The verb “maintain” is more appropriate in this context.
7. **“it should make no harm”** to **“it should do no harm”**: The phrase “do no harm” is the correct idiomatic expression.
8. **“keep a good health”** to **“keep good health”**: The phrase “keep good health” is more idiomatic.
9. **“There is a biological clock on your body”** to **“There is a biological clock in your body”**: The preposition “in” is more appropriate in this context.
10. **“It depends on you sleeping habit”** to **“It depends on your sleeping habit”**: I replaced “you” with “your” to make the sentence grammatically correct.
11. **“will go into a new bedtime routine”** to **“will adapt to a new bedtime routine”**: The verb “adapt to” is more appropriate in this context.
12. **“which makes sure your usual sleeping quality”** to **“which ensures your usual sleeping quality”**: The verb “ensures” is more appropriate in this context.
13. **“One should always stick to your timetable”** to **“One should always stick to their timetable”**: I replaced “your” with “their” to match the subject “one”.