Sleeping hours

1. The problem: I feel dizzy throughout the day. I used to stay active without caffeine but not anymore.
2. Gather information: according to what the teacher said during the class staying up late at night will push your daily cycle, so it is advised to sleep around 10 PM.
3. Make hypothesis: if I avoid sleeping late, and get to bed on 10 PM, It should help me get enough sleep and as a result be more attentive in class.
4. Experiment: on Tuesday I went to bed at 10PM. I could not sleep for about an hour but eventually I slept. In the morning I woke up earlier than I did before.
5. Gather and analyze data: In the morning I woke up earlier than I did before. I felt energetic. I did not wake ap because I had to attend class but simply because I was awake.
6. Draw your conclusion: my hypothesis worked! I feel that I should follow the timetable for sleeping ours.