

Is it necessary to take a nap every day?

Yes. We are living in a busy modern life. All the activities we do need vigor and energy. So, taking a nap at noon is really a luxury and a good way for us to relax and rethink what we are going to do for the rest of the day.

Do old people sleep a lot? Why?

As far as I know, yes. I think probably it's because of the age. They are older, they don't have the energy that young people have, so they easily get tired. They need to sleep to recharge themselves. Another reason I think is that they don't have so much to do, so why not get some sleep?

Do you always have a good sleep?

Not really. I mean not everyone can have a sound sleep all the time. Sometimes, I just bump into some terrible things which ruin my day, or I may end up in a quarrel with my acquaintances. In these situations, I cannot have good sleep at night.

What time do you usually go to bed?

Around 11:00 pm. I just got my first job. In order to do it well, I have to go to bed before midnight, so I can stay vigorous the next day.

How many hours are you asleep for every day?

For me, I usually sleep seven hours a day on weekdays. I stick to that routine as much as possible because I have to be full of beans in order to do my work well, but it is different on weekends. I can get up whenever I want.