Many articles on the internet establish very clearly that the adult body needs 8 hours of sleep. It is clear that sleeping is a ritual for the body since at night we release a large amount of toxins acquired during the day. It is also essential if we need to be more productive on a day-to-day basis since we will feel more energetic all the time thanks to having rested correctly.

To add, good sleep is necessary for the body's memorization and concentration when performing learning activities since the brain easily retains more information.

Poor sleep can lead us to make bad decisions and put us in risky situations. People who don't sleep well are more prone to accidents.

For this and many more reasons that I did not mention **I have to do my homework before 12pm.** So I can sleep correctly.