

## 速熟 01 How to avoid being late : サイトラ (予習用)

You never want to be late for class. But once in a while, / you stay up late at night,  
/ losing yourself in a TV show or video game. Or maybe you simply find that ...  
/ you are incapable of waking up early. You want to be on time, / but you just can't.  
You're at your wit's end, / and you may decide that / you're just not cut out for mornings.

Don't worry! There are solutions. Experts say that / going to sleep earlier  
/ is the first step. Getting more sleep at night / will make a contribution to ...  
/ earlier and more productive mornings. Some people turn to sleeping pills,  
/ but these should be a last resort. Just create a bedroom environment  
/ that is suitable for a good night's sleep.

Another good idea is / to develop a new routine for the mornings.  
If you have some delicious tea or breakfast treats to enjoy  
/ in the course of getting ready for school, / you'll look forward to starting your day.  
And if you feel like / you're always on the go, / set aside a few minutes  
/ to breathe quietly and relax.

What if you're still late? If the class is already in progress / when you get there,  
/ after class, / get in contact with a friend / and find out / what you missed in the class.  
And even if you fail at first, / don't lose sight of your goal. Just keep trying,  
/ and you'll become a more punctual person in no time.