

My Daily Life

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Daily routine is best way to keep your health. First, We need good sleep. Our hormone balance is related to sleep. From 10pm to 2am, Our body focus on secreate growth hormone. So, we better to sleep this time. Second, We have to get up early. Early getting up makes spare time. Morning comfortable time affect humor of the day. In fact, I was late for first class once on before season. To make spare time is one of the most important thing of daily routine. You must be sleep early. This is knack of to improve your daily life.

(100 words)