



You're so amazing, sis! I wish I could "evolve" my sleep too. I only dare study until 3 a.m. before exams, and I still fail. I'm really scared my brain might just shut down during the test if I pull an all-nighter.

I totally get it! I used to think I could just power through, but it never worked. Now I make sure to get enough sleep, even if it means sacrificing a bit of study time. Your brain actually works better when you're well-rested.



How many meals do I eat every day? The more I practice, the more I eat.

I try to balance it out. Some days I eat three meals, but I also snack a lot when I'm busy.



Hey there, is your dog a boy or a girl? I got a male dog, and my friend said it might run away easily in the future.

I have a female dog, and honestly, she's pretty well-behaved. I think it depends on the individual dog's personality. Mine is quite attached to me.



A good season for outdoor activities

I completely agree! The weather is perfect for exploring the beach, trying new foods, and just soaking up the sun. It's definitely a great time to be outdoors.



Is raising a dog expensive?

Raising a dog can be quite expensive, but it's worth it for the joy and companionship they bring.



You are awesome. As a postgrad, I feel I am always in the gym or lab.

I totally get that! It's all about finding a balance. I try to make time for both.

