From the outset, I think that we should persuade someone to break a habit to make them better, and now I am talking about my classmate as well as my best friend at university, his name is Duc and we have been friends for 2 years.  On an occasion that we participated in a seminar about health, it had a topic of health related to sleep, but he almost didn’t care about it. I knew that most student have been in the habit of staying up late and so was he, I told him about the bad affect of going to bed late, how it damage his brain. After that I said that it’s was needed to change and tried to persuade0 him to break this habit. However, he said that he was ok with going to bed at 1 or 2am and it’s difficult to change. Moreover, he fell that it’s easy to complete his exercise if he do it at midnight, so he didn’t want to break the habit of staying up too late. The reason why I advise him like that is because of 3 years ago, I was similar to him, usually going to bed after 12am, but I recognized that it’s better for my health if I go to bed early so I maintain this habit until now and it really help me work and study more effectively.