



## ARE YOU AN EARLY BIRD OR A NIGHT OWL?

### **Jeannie, The United States**

I am definitely a night owl. I can stay up all night and be fine but getting up early in the morning is always painful for me. with my current job, I always have to get up really early, but I still can't manage to get to bed before 1 o'clock in the morning.

### **Jim, England**

I used to be a night owl when I was a student, staying up until about 4 o'clock in the morning, writing essays, drinking lots of coffee but I'm finding as I'm getting older, I can't do it. I have to go to bed, so nowadays I'm up a lot more earlier in the morning and I think I'm more productive in the morning.

### **Kate, New Zealand**

I'm more of an early morning person. I wake up about 10 o'clock, which is quite late, I think, I guess, but when I wake up, I feel really refreshed and I'm ready to go to class and I'm awake and listening to the lecturer, but then by about 3 o'clock in the afternoon, I need a nap. I get so exhausted that after classes and sports and things, and then I have a ten minute nap in the afternoon and then at about 12 o'clock I'll go to sleep.

### **Martin, The United States**

I function the best in the morning, so I would have to say I'm an early bird. I can stay up late and I enjoy doing that now and then but by-and-large, more often than not, I do my best work in the morning. I can get up early and don't really complain too much about it, so I'm an early bird.

### **Nitya, India**

I guess I'm an early bird because I really enjoy getting up early in the morning taking a good shower and a good early start in the morning but it doesn't usually happen because of my late part-time jobs, but I guess everybody should be an early bird to better in their studies at least students.

### **Rina, Canada**

I am a night owl. I am the person that stays up till 4 in the morning and then I will have to get up at 8 in the morning and I'll do that repetitively every night, and I'm never tired I don't know what's wrong with me.