The Importance of Good Sleep

Emma had always been a night owl. She loved watching movies, reading books, and scrolling through social media late at night. However, she often felt tired and found it hard to concentrate at school. One day, her teacher gave a lesson about the importance of sleep and how it affects health. Emma learned that people who don't get enough sleep may have trouble remembering things, making decisions, and even staying in a good mood.

Determined to improve her habits, she decided to make some changes. First, she set a regular bedtime. Then, she stopped using her phone an hour before sleeping. At first, it was difficult, but after a few weeks, she noticed a big difference. She felt more energetic, focused, and happier during the day.

Emma's experience taught her that good sleep is just as important as eating well and exercising. Now, she shares her story with friends, hoping to help them improve their sleep too.