

As well as getting more sleep, those who go to bed early and wake up early will probably also have a better quality of sleep. The reason for this is that it means your sleep/wake cycle will be closer to the rising and setting of the sun. This will then mean that your 'internal pacemaker' (your natural body clock) is closer to the 'external zeitgebers' (the external cues that indicate what time it is). When the sun is out, our body detects this and produces less melatonin so that your sleep will not be as deep. In short then, the most restorative sleep is that which happens when it is darkest, which is usually from around 10-11pm through to 5-6am.

Furthermore, if you often wake up late, you are constantly rushing in the morning, then you will be getting your day off to about the worst start possible. This also means you are unlikely to get a proper breakfast, and probably going to forget something, which definitely means you are going to feel very stressed out and panicked. How about a huge shot of stress hormones to get you started? It is not a good idea for your back to rush first thing in the morning either – seeing as it will be softer and more easily injured when you first spring out of bed.

On the other hand, imagine being able to get up one or two hours before you need to leave. That way you could make yourself a great breakfast, take a long hot shower, do some stretching or meditation and maybe watch the news while you iron. You will find that as a result, you turn up to work looking much better, feeling much better and performing much better.

Waking up early can also be highly beneficial on the weekends as it means you get to be up during the quieter times of day when no people around. As a result, you will have a few quiet hours to watch your favourite show, to read the paper or a novel, or to work on a side-business.

(Adapted from; <http://www.healthguidance.org/entry/17483/1/The-Benefits-of-Being-an-Early-Riser..html>)

1. The paragraph preceding the passage most likely discusses

- A. sleep quality of those who go to bed early and wake up early
- B. the importance of going to bed early and waking up early
- C. one advantage of going to bed early and waking up early
- D. the reasons of going to bed early and waking up early
- E. how to increase quality of sleep by waking up early

2. What is the author's attitude toward the topic of the passage?

- A. Positive
- B. Negative
- C. Concerned
- D. Approving
- E. Uninterested

3. Based on the passage, the earlier people get up in the morning, the

- A. more they need to work
- B. better start they have for the day
- C. better income they get from side-business
- D. longer time they need to prepare themselves
- E. longer time they need to make breakfast and iron their clothes

4. I wouldn't mind if _____ to the prom with him.

- A. You have gone
- B. You will go
- C. You are going
- D. You went
- E. You go

5. Yesterday, while I _____ in the class, I _____ the hiccups.

- A. Am sitting; got
- B. Was sitting; got
- C. Am sitting; get
- D. Was sitting; get
- E. Were got; get