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DOMÍNI

VERBOS EN PASADO SIMPLE

INGLES III

GRADO Y GRUPO: 3 B

Sometimes I feel very tired during the day because I don't sleep well at night. I usually use my phone too much before going to bed, and it keeps me awake for hours. I think this is a common problem for many students. You should turn off your phone at least one hour before sleeping. You must create a bedtime routine to relax your mind.

If I sleep earlier, I will feel better and more concentrated in class.

In my opinion, using your phone late at night is a bad habit.

I believe that good sleep is important for mental health and learning.