

The last time when was like
11 pm when i was in my bed
wake up because i have not sleep
i was thinking maybe was because i
drink a big glass of coffee, but the
next night i laying down to bed like
10 pm and i can not sleep again, and i
was thinking than the coffee was not
the problem because that's night i do
not drink coffee, so the next day to
early i call to mom for to tel her
what is happening with me because
everynight i cant's sleep and she say
me i should go to the doctor, and i
did it, the doctor he say me, u should
not to be with your cell phone at night
because that is so bad for relax my
body and more late at night, i have
a lot of sleep, so i understand

than I have not to use the
cellphone so much because in
the future I will be not with
good sleep every single night.

Moral: No body should not use
the cellphone every night
go to the bed because is
bad for the eyes.

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