[Name of the Writer]

[Name of Instructor]

[Subject]

[Date]

Most Alert

Human bodies are programmed on the basis of timing. No human can stay active for a whole day long; we all need rest in order to regain our energies. Just like our cellphones work for a specific period of time and then they need to be put on charging, similar is the case for human bodies. A person can only stay active for a limited period of time and then he or she needs to "recharge" themselves so that they can function properly for the upcoming day (or night).

This phase of being active differs for every individual; some people are most active in the day, some are most productive in the afternoon, while some perform much better in the night as compared to any other time of the day. I belong to the last category of people. The people who are most active during the day timings are called early birds, just like a lark, who gets up very early in the morning and starts functioning. On the other hand, people, like me, who stay up late in the night and feel more active and energetic during night time as compared to during the day are known as night people or night owls. This name has been given to them because of their similarity with an owl, who becomes more energetic in the dark hours and only functions in the night.

Honestly, I have never tried to change this habit, because I am happy with my body clock. I do not force my body to adopt something that it is not programmed for. I can never go to sleep early even if I try to, keep tossing and turning in the bed. I don’t think so that being a night own or a night person will harm me in any sense, in the present or the future, as the employers are now taking care of this fact and introducing flexible working hours for their organizations.