

It is astonishing to know that your brain stores new information when you're asleep. Think off all those math equations you could remember while sleeping. Good luck on your math test. It is important to be in bed early because my dad used to say, "Early to bed, early to rise, makes you healthy and wise." The most important rule in our house is to go to bed early.

Transitions

Examples

Supporting detail

Follow up/elaboration

closing

One does not have to be a health expert to know that going to bed early is beneficial to one's health. For example, it helps provide more energy needed for the day and can keep the mind focused. Every night, I usually go to bed before 9pm every school night, ensuring I receive at least 8 full hours of uninterrupted sleep. When I arrive at school, I'm refreshed and ready for the busy and hectic day. Furthermore, when I go to bed early, I usually do not wake up with muscle cramps or aches. One weekend, I stayed up late and woke up more exhausted, and my body was less relaxed. In a nutshell, one should not underestimate the value of a good night's sleep.