Subject: Morning or night person

Posted by Prince on Sun, 05 Oct 2025 05:41:50 GMT

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We are all built differently. Some are very good during the morning time while others are better at night. Are you the type who is far more active in the morning or do you achieve more at night?

Subject: Re: Morning or night person

Posted by Becky on Sun, 05 Oct 2025 19:04:18 GMT

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I'm a morning person and I'm too energetic very well in the morning. My brain and mind is so sharp that I do things so easily without stress. I love my night for sleeping and with no disturbance.

Subject: Re: Morning or night person

Posted by Helen on Tue, 07 Oct 2025 03:48:43 GMT

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I have a schedule of how I sleep and when I should be sleeping. Before that time, I ensure that I've already concluded everything that I set out to do because that is the key to sleeping deeply. The night is then more active for me because I can't be cool with anyone who ends up disturbing my sleep for whatever reason.

Subject: Re: Morning or night person

Posted by Prince on Sat, 11 Oct 2025 17:32:28 GMT

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Becky wrote on Sun, 05 October 2025 14:04I'm a morning person and I'm too energetic very well in the morning. My brain and mind is so sharp that I do things so easily without stress. I love my night for sleeping and with no disturbance.

You are the type of person who wouldn't want to take a phone call in the night as long as you are deep in sleep. There are people who are that way that doesn't want anything to bother their sleep. So, I get your point when you talk about nothing disturbing your sleep.