Suggested answers

1 Waking up early makes the person more productive, more energetic, more optimistic, more intelligent, a better problem-solver, a better planner, etc. However, oversleeping causes sleepiness during the day, tiredness, low energy, memory problems, depression, headache, heart disease and many other problems and illnesses. **2** Students should be getting between 7 and 8 hours of sleep per night. **3** Having a consistent routine before going to bed may help improve your sleeping habits.