Sleep Habit

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Lack of sleep makes I've always been a heavy sleeper, I suffer from insomnia me really irritable. - nothing disturbs me. so I never get much sleep. I need a good night's sleep, I often have nightma If I eat late, I often otherwise I can't concentrate and wake up feeling have a restless night. the next day. exhausted. I sleep like a log During the day, When there are things on my mind wherever I am. I often have a nap. like exams - I sleep really badly.

テキスト全文はレッスン受講時に担当講師よりお受け取りください。

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

