

## Benefits of Early Rising Essay



Fortunate are those who have formed the habit of early rising. An early riser has many advantages over the late riser. In early morning nature is at its best. Early rising enables us to breathe fresh morning air and enjoy a variety of natural sights which a late riser can't even dream of.

The early riser finds time to take some exercise which keeps him active until the evening. Early rising enables us to start our day's work early when the mind is fresh and there are no distractions. The early riser has no hurry to do his work.

He has sufficient time to do his work thoroughly. One who rises early can go to bed early and have a sound sleep at night.

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