

托福作文T45：早起还是晚起工作呢 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/118/2021_2022__E6_89_98_E7_A6_8F_E4_BD_9C_E6_c81_118609.htm 托福福作文185篇真题范文专项练习】

Topic44：你喜欢早起工作还是晚起工作到很晚？
Topic45 Some people prefer to get up early in the morning and start the days work. Others prefer to get up later in the day and work until late at night. Which do you prefer? Use specific reasons and examples to support your choice. [托福参看范文之一]
Topic: 45Some people prefer to get up early in the morning and start the day ' s work. Others, however, prefer to get up later in the day and work until late at night. As far as I am concerned, getting up early is a good habit because it is good for health and is easy to take care of everyday works. In the first place, everyone knows that getting up early is a very good habit for our health. You can enjoy the fresh air in the early morning, and also you can get a good night sleep during the quiet midnight time. Moreover, if you get up early, before go to work, you still have enough time to do some exercises, such as walking, running and riding the bike. Without doubt, all of the exercises do help your health. In the second place, it is a little bit easy to take care of everyday works if people get up early. For example, if everyone in the family gets up early, wife will have enough time to prepare the breakfast for the whole family, children will have enough time to catch the school bus, husband will never forget to change his dirty shirt. Everything is on the order. Admittedly, some people who work until midnight and get up later in the day claim that working in

the midnight is more efficient and can concentrate the work without distraction. However, the advantages of getting up early carry more weight than those of getting up later. To sum up, from what I have discussed above, we can safely draw a conclusion that getting up early can benefit not only because it is good for our health but also it is easy for us to take care of everyday works. Therefore, I prefer to get up early in the morning and start the days work. [托福参看范文之二]

Some people prefer to get up early in the morning to start the days work. while other people like to get up later in the day to work until late at night. Which option do you prefer? I would choose to get up early in the morning. This view is based on the following reasons. By getting up early in the morning you can enjoy a lot of good things that nature offers. You can breath fresh air, smell aroma of flowers, listen the birds singing in the morning. What a beautiful world! In the meantime, these can refresh our brains and quickly get ready for the days work. We can immediately concentrate in the work, and solve the problems with great efficiency. For example, when I was in senior middle school, I got up early in the morning everyday to go over my lessons and prepare the courses that I would have that day. I found it was so efficient and I memorized my study material so deeply. On the contrary, people who get up late and go to bed late tend to leave all the days work to the night, and tend to go to bed until the finish the days work. This is not a good living habit and also not an efficiently way of working. Another reason why I would like to get up early to start a days work is because I believe that it is good for our health. The bodys cycle follows the nature: when the

sun rise, it is time to get up. when the moon rise, it is time to go to bed. Besides, by getting up early we can have time to do some excercises such as jogging, hiking and swimming, which will benifit our health. Many statistics show that most people who live a long life get up early and go to bed early. While getting up late and go to bed late violates human biology and therefore will do harm to the health. Andpeopel who get up late never got a chance to do morning excercises. In a word, getting up early in the morning to start a days work is a smart choice for people, it can benifit both peoples work and health. [托福参看范文之三] I prefer sleeping late and staying up late at night. This routine fits my bodys rhythm, my work schedule, and my social life. I believe in following my bodys natural rhythm. My body tells me to sleep until I am ready to get up and go to bed when I am sleepy. This means I never get up early in the morning. My body tells me it likes me to get 8 to 10 hours of sleep a day. Sleeping late also fits my work schedule. Actually I dont have that much work to do. I can easily finish my work between lunch and dinner. I think that if one works too much, there is not enough time left to enjoy ones self. My active social life is another reason I prefer to sleep late. Who gets up early in the morning to have fun? No one. Anything amusing, such as concerts, dances, parties, dinners, all happen at night. If I got up early in the morning, I would be too tired to enjoy myself in the evening. I will maintain this pattern forever I hope. I think it is always important to listen to your body and if your body tells you to stay in bed, you should listen to it. By listening to your body, you will never let work interfere with your social life.

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