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IBT, PBT, IELTS

TOEFL Sample Essay

Some people prefer to get up early in the morning. 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.

Some 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 ours 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 day's work.