**Your Alarm Clock Personality**

By Sharon Tanenbaum



(Stormy beginning) It can be the one of most dreaded parts of your day: waking up. Whether you immediately hit the snooze button or you leisurely get out of bed, chances are your morning M.O. reveals something more about your personality. It can also be an important clue to your overall health, as a healthy sleep routine can help boost your energy, improves your memory and learning, help you lose weight, and even lower your risk for a heart attack or diabetes. If you find your alarm clock attitude has recently changed it **might** also mean your sleep quality or quantity is suffering. (Thesis)