

Early or Night?

People are often awake at daytime, and asleep at night. The trace of custom has remained for a long time, thus almost parents teach their children “Early to bed and early to rise”, it is also expressed as “an early bird”. However, I consider the idea not true in all people now. I am going to discuss “Gene” and “Stereotype” to support my idea.

Firstly, I am going to focus on gene. Some people think everyone can become an early bird, and the bird is better for our health than a night owl. So, some parents force their children to be that. On the contrary, I have heard an early bird and a night owl are decided by gene each human, I agree with the idea. That is because, Russell Foster, who he is an expert in a neuroscience field, says “Human is a creature having chronotype, it means each human has a good or weak time to do something” [1]. Over a half of chronotype is determined by gene, thus the parents should not make their children become an early bird. In addition, how about disagreement point?

Secondly, I am going to center on stereotype. I have often heard and watched “An early bird is the best” on television or newspaper. Sometime, this is assisted by the maxim: “The early bird catches the worm” [2]. Almost people have been grown up to hear that everyday, but the maxim has never been proven through an advancement medical science now. Therefore, I disagree with the stereotype. On the other hand, one research carried out by Universidad Complutense de Madrid, in Spain, shows “A night owl is more superior about Intellect and Ability of think” [3]. The university performed it to a thousand people, therefore the result is quite credible.

I believe what parents teach and force their children to be an early bird is nonsense, indeed. The parents are not an expert and don't have any proofs supporting their opinion. However, an idea of a night owl is clear because the researcher and the survey make it stronger. That is why this idea is reasonable.

References

[1] <http://irorio.jp/asteroid-b-612/20130325/51638/>

[2] <http://susumu-akashi.com/2013/06/夜型/>

[3] <http://sugarhighmulberry.com/2015/07/take-advantage-of-night-owl/>

