# Sleep and Get Up Early 小学英语作文

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　　I often go to bed at 21:30, because my parents force me to sleep. They tell me that a good rest can bring me a good body. Before go to sleep, I usually drink a cup of milk. I always have a good sleep at night. I often get up at 6:30. It\'s very early, but I don\'t feel tired. I can eat the breakfast at home and do not need to hurry. I am often spirit in the class, but some of my classmates sometime would sleep in the class. Maybe they are short of sleep.

　　我通常九点半就睡觉了，因为我父母强迫我睡觉。他们告诉我休息好才能有好身体。睡觉之前，我通常喝一杯牛奶。我晚上总是睡得很好。我通常是六点半起床。虽然很早，但是我不觉得困。我可以在家吃早餐，也不用赶着去学校。课堂上我精神很好，但是我有的同学有时在课堂上睡觉。也许他们缺少睡眠。

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