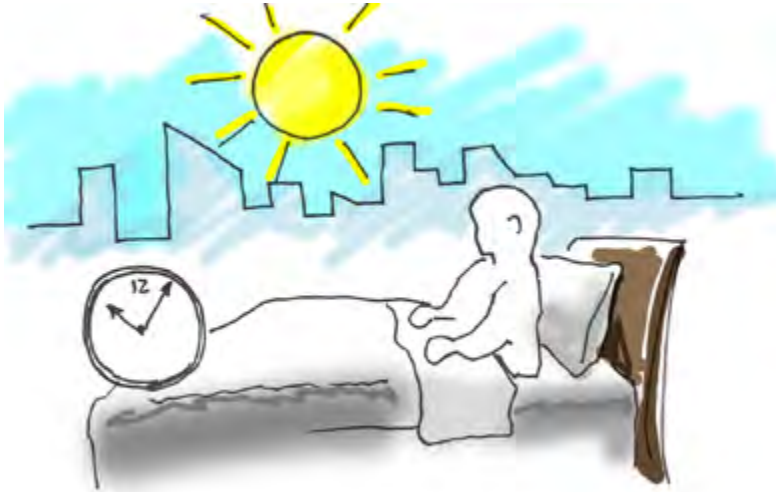


However, a lot of people spend their day like this:



Get up very late, work until midnight, low efficiency