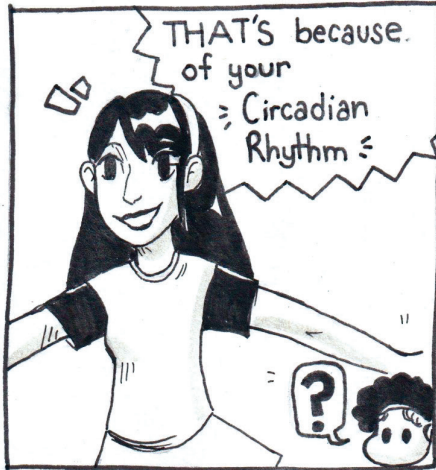


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but your circadian rhythm isn't set - it changes into adolescence and then again as you age

that's why so many teens can't fall asleep until 1AM, but the elderly are tired by 9

