

Night

What Is Night?

Night (also described as nighttime) is the period of ambient darkness from sunset to sunrise during each 24-hour day, when the Sun is below the horizon. The exact time when night begins and ends depends on the location and varies throughout the year, based on factors such as season and latitude.

Human or animal or whoever is living in this world needs some sleep in night time, not in the daytime or what you think?

Good night to everyone as time flies and our immunity system needs time to restore it in night time.

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