RESEARCH ARTICLE

NIGHT OWLS: THE LIVED EXPERIENCE OF NIGHTTIME LEARNERS

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Manuscript Info	*Abstract*
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Background: Night Owls are people who are awake when the sun has set and when the people around them have slept. Night owls share a common trait wherein they find more comfort into letting their creativity out in the dark.

Methods: The twenty-five validated questions were used to know the lived experiences of nocturnal learners. The researchers were allowed to ask follow up questions when he or she feels the need to. For better understanding and wider perspective, the researchers also interviewed morning larks.

Findings: The proven skills of these learners can be best explained through their Environment preference with fewer distractions, organization of thought to exhibit Time Management, the effectivity of routine that will conclude their Accomplishment. Recommendations: The analysis of the study using a promising approach has shown that a strategic mindset is vital in being a nighttime learner. Attaining a strategic mindset entails routinely proven skills that help a nighttime learner grow academically.

Conclusions: The researchers of this study recommends to future researchers to give consideration on the scientific part of the study. The future researchers should seek if there are possible downsidesthis learning style may entail, and if it is more of a preference than found in the genes.

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Introduction:-

Existing in a time and age wherein education is most definitely perceived as a main foundation in an individual's life and a significant stepping stone towards success, which therefore creates a mindset that one must form strategies in order to thrive academically.These strategies are often termed as learning styles that can be classified into multiple sorts but there are two common types that are drawn from it, namely Morning Larks and Night Owls. A lot of comparisons have been made between the two, mainly commending Morning Larks and misinterpreting Night Owls. One of this study's purpose is to diminish those misconceptions.

The early bird does not always catch the worm. When in reality, Night Owls are accomplishing a lot and are the ones ending up triumphant (Economy, 2015). Night Owls are defined as people who are more likely to be awake when the sun has set and the people around them have slept. There are little known facts about night owls, one of which being that night owls are more creative compared to morning larks. Night owls share a common trait wherein they find more comfort into letting their creativity out in the dark (Borreli, 2015). Night owls tend to

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be more applicable in our society than morning larks, the reason being that morning larks' prefer patterns that are out of sync with their work or school schedules (Facer-Childs, 2019). Night Owls do not get stressed out easily and even when they are stressed, they do not show it that often. They are mostly very calm and relaxed. By that reason, their mind will be able to think clearly and they can be more attentive for a longer amount of time (Holik, 2015).

Dwelling on the scientific importance of studying about night owls, A study conducted in which college students from Saudi Arabia were the focal people, a lot of the participants performed better later in the day. To put it simply, researching about each individual's body clocks and sleep-wake patterns may be a way for us to shape our society into becoming more knowledgeable about such cases. In which through science may bring about cure or prevention for such circumstances that may arise. Therefore, developing not only the people but also our society, converting it into a better place to live in (Cohut, 2019).

Throughout the duration of undertaking this study, there are certain factors have been extracted based off of the nighttime learner's testimonies which are summarized into three. Time management being one of them was utilized not only to the extent of accomplishing tasks and to be able to make your grades bloom but also to maintain physical and mental stability. It contributes to the attainment of a sense of responsibility in the nighttime learner's system. It also routinized the ability of knowing what to do and when to do things. In addition to these, time management also enabled the learners to be capable on weighing tasks from crucial and more difficult assignments to tasks that only require a short amount of time to accomplish.One of the advantages of being a nighttime learner or studying at night is that most of the time, you sleep right after you are finished studying. This is a big help to your memory. Sleeping after you are done studying helps combine the most recent information that you put in your brain. A research has founded that participants who memorized during the nighttime perform better than those who memorized in the day time. (Gooi, 2018)

Time management would not be made without the setting, otherwise termed as the environment in this study. Choosing the right environment is vital if learners in general have a strong will and yearning to focus properly. The night environment mainly being the main preference of these learners was employed because of the benefits that entails with it. One of which is that when all the people are asleep, the learners find it more convenient for two reasons, noise was lessened which therefore hampered one of the most definite distractions around and more resources are available such as faster WiFi connectivity. You can experience peace during the nighttime because there will be lesser disturbances, and that helps you in being more focused on studying. This helps you whenever you need to think carefully about certain topics (Gooi, 2018).

After all the trials that the learners have gone through, forming the right time table and finding the comfortable environment in a learner's life is fulfilling. Learners being concerned with not only for grades but also for one's physical and mental health is an accomplishment in disguise. Accomplishment of such a routine wherein it comprises of the time table and environment that the learner has established is not only measured with its effectivity in terms of receiving awards but also being able to attain capabilities such as the sense of independence wherein the learners no longer need to be reminded of the things they must do, they would take the initiative to complete them right away.

The researchers aim to distinguish not only the experiences they have gone through but also the underlying hindrances that came their way, the process they went through, their past routines before becoming one in which the researchers question as to how and why did it not work, and how big of an impact of being a Night Owl do to their lives. The researchers' purpose is to also further perceive the advantages, benefits and techniques of nighttime learners that enabled them to continue pushing through with becoming one. Through the utilization of confirmed aforementioned studies, the researchers would use these studies as justification to further justify strategies employed by the nighttime learners. In connection to this, the researchers would require an in-depth approach and analysis to be able to achieve such goal which is through the transcription of individual insights or point of views of the nighttime learners themselves. Hence, would showcase a phenomenological understanding.

Methods:-
Research Design:
This study is qualitative in adaptation and categorically, a phenomenological research design. Qualitative research takes place in terms of gathering data of those nocturnal learners who prefer to study at night. The goal of qualitative research is to grasp as accurately as possible the social reality of people, communities and societies as their

participants think it or live it (McLeod, 2019). Qualitative researchers are interested in studying the meaning people have built, that is, how people make sense of their environment and the world's experience (Merriam, 2016, p.6).

Research Locus and Sample:
The study was organized in Philippine School Doha (PSD), the first Philippine Science School in the Middle East. The eight respondents of the study were chosen through simple random sampling. To avoid bias and other adverse results, random samples are used. (Glen, 2014)

The selections of the respondents were based on the following qualifications, (a) respondents who are more partial to study at night (b) a teenager or senior high school student.

Figure 1:- Map of Qatar.
cc. Google Pictures.

Figure 2:- Map of Philippine School Doha at Al Messiah, Doha, Qatar.
cc. Google Picture.

Data Collection and Ethical Consideration:
The researchers were able to gather the data by conducting a semi-structured interview to the participants with the help of a robotfoto and twenty-five validated questions. The robotfoto (Shafaie & Wooldridge, 2018) or

demographic profile was used to identify information from the participants. The name, age, address, email, contact number and final grade average were asked from the respondents through the robotfoto. The twenty-five validated questions were used to know the lived experiences of nocturnal learners. The researchers were allowed to ask follow up questions when he or she feels the need to. Also, to follow up questions helps the interviewer dig deeper about the experience of the respondent.

The gathered data were transcribed exactly on what the respondent said or verbatim with the help of recording technology. The researchers conducted the interview with utmost confidentiality. Confidentiality refers to the permission ofthe investigator to treat, preserve and exchange data in order to ensure that information obtained from and aboutparticipants in the research is not misrepresented (University of Nevada, Reno, 2019). Before the actual data collection, an assessment occurred. The assessment is an important part of the data collection as it acts as preparation for the study (Masjid et al., 2017 as cited by Umali et al, 2018). The study whereof starts at comparing the data collected. Later on, the researchers asked confirmation from the respondents through a consent letter. The participants or respondent were those who preferred to study at night when the simple random sampling was conducted. For better understanding and wider perspective, the researchers also interviewed morning larks. Morning larks are the people who prefer to get ready early in the morning and sleep on time. The morning larks are in their utmost function during daytime.(Ludden, 2018).

Data Analysis:

Figure 3:- Simulacrum.

The researchers of the said topic have followed the inductive approach in theme development to systematically analyze the gathered data in this study: (1) to read and to double check the transcribed data to achieve the generic point of the respondents' remark or opinion; (2) identifying the general point; (3) converting the generic point of the respondents (emic) to the main point of the researchers (etic); (4) arranging the main points into their respective categories and collection of themes via a dendogram; (5) performing the member checking (6) creating of the simulacrum for the visual representation of the findings; (7) verifying the gathered points to continuously maintain accuracy and integrity and therefore rigor (Spiers, 2015).

Findings:
Figure 3 shows the main ideas of how the nighttime learners stabilize their performance. The proven skills of these learners can be best explained through their environment preference with fewer distractions, organization of thought to exhibit time management, and the effectivity of routine that will conclude their accomplishment. Within them are factors that will further explain the idea of such skills. Aforementioned skills are interconnected. If one link goes missing, difficulties for the nighttime learners will arise.

A prospective learning tested the theory that college students' grade point average (GPA) would be predicted by time-management practices. Regression analyses appeared to be or shown that time management is significant predictors of cumulative GPA. It is concluded that time management practices may take effect or impact a student's achievement. (Britton, B.K. & Tesser, A., 2017)
After observing and analyzing all of our respondents in this study. The researchers who have conducted this study acquired a great deal of new information through gathering data and conducting an interview. The researchers have analyzed that all of our respondents almost has the same responses.

The conducted interview includes finding out how do nocturnal learners persist while studying at night, which was stated in the central question of the study. Under the central question, comes the specific question which tackles their experiences behind their decision in becoming a night learner.

Night Owls are not merely programmed to avoid dozing off at night and do their tasks. Throughout the duration of them being a Night Owl, they came up with tactics. They employ strategies in order to make their nightly routine work.

Being a night owl is not as simple as others think. Their lived experience is as complicated as those who prefer to study at daytime. There are specific factors that affect their lives being a night learner. It also depends on their sleeping patterns or their circadian rhythms. Circadian rhythm functions best when you are sleeping on a regular basis. Those times can be different if you're naturally a night owl or a morning person.

Researchers from the University of Birmingham and Monash University were able to shift night learners' circadian rhythm with no pharmacological interference (Karlovitch, 2019). It is better to tailor different jobs to people with various chronotypes, for example, designing a night shift for an extreme night owl. (Pegoraro, 2015)

Figure 3 shows the main ideas of how the nighttime learners stabilize their performances. The proven skills of these learners can be best explained through their environment preference with fewer distractions, organization of thought to exhibit time management, and the effectivity of routine that will conclude their accomplishment. Within them are factors that will further explain the idea of such skills. Aforementioned skills are interconnected. If one link goes missing, difficulties for the nighttime learners will arise.

Time Management:
One's sleep schedule and habits in studying are varied, depending on how night owls manage their time. The researchers observed that studying at night is more beneficial because it will result to easily retaining information than studying at different times such as in the morning. The respondents stated that studying at night is very effective because they manage their time just fine. Time management is really the key in accomplishing certain tasks. The respondents proved this through these remarks:

 "Before I became a nocturnal learner, I used to study at the day. I create information, memorize, and take down notes during day time. My time was messy, and I couldn't do everything efficiently and effectively unlike when I do it at night." L1

"I can say that when you study at night, you are able to do more, you become more productive, unlike in the morning because in the morning, you will always have an excuse. So, you can organize your thoughts and manage your time well at night." L1

"I sleep late. That's what I was saying that there are cons in becoming a nocturnal learner. I can say that I can manage my time well, and I can do my projects fine, and my works are efficiently and effectively done. But, my mental, physical, and emotional health is fluctuating. Those are the cons." L1

The researchers considered that you cannot manage your time wisely without organizing the things that you have to accomplish. Organization of your schedule, tasks and materials is important when it comes to managing your time. The more organized your materials and schedules are, the more you can manage your time properly. Though most of our respondents are having a hard time with their schedules they still manage to systematize not only their minds but also their time.

"Sometimes it is but sometimes it is not effective because as I have mentioned earlier that sometimes my brain just shuts down and cannot receive any more information due to drowsiness."L6

"First, the time is not enough for me and my mind is not working in the morning, you're thinking of sleeping again. It's like I can't comprehend anything". L7

"Sometimes it does but sometimes it does not help me because there are times that I really need to stay up late and there are times that my mind shuts down and does not want to function anymore." L6

Another theme under time management is our internal system. In some cases, internal system affects the way we manage our time. In learner number six's case, there are times that you cannot control our tiredness that it affects our studying which hinders us to use our time sensibly during the night.

"Ever since my Junior high school life had started. I came to a realization wherein I have to make a change in way that I study. To repay my parents for all their hard work they have been doing for me and my siblings."L6

"I believe being a night owl affected the way I handle relationships because it tried to test how responsible I was academically." L2

Environment includes dealing with the external factors that affects the way we manage wisely, external factors such as our relationship with other people. The way learners handle relationships determines how mature they are when it comes to managing their time. The less the problems between relationships, the more we can focus on organizing time wisely.

Environment:
Based on the researcher's findings, night learners manage their time efficiently in connection to their preference of environment which is at night. Studying at night is very serene, which helps them become more effective and attentive in studying. There are less distractions and sometimes less stress.

"One of the advantages of studying at night is that it helps you get information so you will easily remember it the next day. Another one is that you can have a peaceful and clean environment that will help you focus more." L2

"It depends on people, we are all different. I think they are not able to accomplish anything? Based on my own experience, I do all of my household chores at day. I want to finish all of it first before deciding to study; it's going to get messy once I don't. If I want to devote my time only for studying then it's only for studying."(R5)

"I guess there is no difference from those who study at day it just depends on the preference of each student when they feel like studying."(R6)

Study preference is one the very crucial part of the lived experience of a person. According to the conducted interview, most learners prefer a serene and calm environment; you can find that kind of environment at night, though some respondents say that there are no differences at all. It all depends on how both day and night learners manage their way of studying.

"Some of my friends are asleep already but some of my friends can also be a distraction because Filipino teens nowadays like to sleep late for no reason, they just like to watch videos in YouTube and random stuff." L3

"I couldn't allocate my time during day because I have siblings to take care of, who are just 3 and 4 years old which makes it more difficult. My parents aren't around most of the time as well. There are times when I forget to feed myself because I'm busy feeding my siblings. I end up not being able to study at day because of all the responsibilities I have to attend to." L5

Distraction is one of the things that we cannot really avoid when it comes to studying whether at night or during daytime. But if we will compare the amount of distractions between nighttime and daytime, there are fewer distractions at night.

"I am the eldest one in my family. And, we're very close to our relatives. Now, I have a cousin. And when she was in High School, I was in grade school. When I asked her about her study habits, she somehow influenced me to study at night since I look up to her. She said that our brains work better at night."L1
"My sister influenced me because she also studies at night." L4

"My friends and my mother." L7

Being one of the main factors on being a night learner, proves that it greatly affects the lived experience in a way that it involves influence from other minor factors around a certain night learner and is also dependent on it. It is also the reason why night learners became what they are right now.

Accomplishment:
The researchers furthermore found out why all of the respondents prefer studying at night. It is for the reason that they are aiming for efficient productivity, productivity in terms of finishing certain task in a short period of time. The respondents often procrastinate due to hectic schedules and sometimes the only option is to study and do the tasks at night. Since it is that time of the day wherein they do not have much to do besides either resting or finishing their targeted tasks.

"It's okay. At first, it's new to me, like I'm not used to it until it happened over and over again until I got used to it. There. That was when I got used to it and realized that it's better that way. I will sleep first then I will start reviewing or do what my tasks are, not just for school, but also for others" L8

"I guess my brain just got used to it overtime because as I have said, that I have self-learned it all along. There was this one time when I saw my cousin studying at night BUT I was not influenced or anything, I just thought of trying it by myself and I believe that it is very effective up to this day." L5

"Yes I've overcome it because just got used to it. When it comes to learning you really have to train yourself." L3

"Since I am a nocturnal learner, it is more effective to study at night, because I got used to it." L8

It is not easy for a person to get used to new studying routine. But when we start to become accustomed to it, it will serve as an accomplishment to us. One should train or help his or herself to get used to their new way of learning in order for it to become a routine and our mind will become immune to it. Forming simple routines could help night learners to regulate their body clocks and further develop their overall physical and mental health.

"I was not influenced by anybody at all, it was all self-learned because I felt that this would work and so I pushed through with it." L5

"No, because most of my friends are also staying up to accompany me to study together and that is one of the way that helps me a lot." L6

The sense of independency when it comes to accomplishing task on your own during nighttime is one of the positive aspects when it comes to studying at night. Being able to finish a certain task and also being able to decide on your own shows a sense of freedom and satisfaction for a certain night learner.

"It helps me a lot because it gives me training on how to multitask. I have other things to go to during the day and when I come back home at night I will focus on my studies" L3

"Being a night owl won't affect my relationships because these relationships help me become more motivated to study." L2

The efficiency of studying during nighttime is really visible through all of the researchers' respondents. It helps the learners become more productive in terms of finishing different tasks.

Most of our respondents achieve more things not only in completing task but also academically.
These factors fairly justifies that being a nighttime learner is advantageous after all.

Discussion:-

Highly intelligent children tend to become nocturnal adults who prefer to stay up late at night and sleep-in seven days a week (Kanazawa, 2015). Researches have shown that people with higher IQs are most likely to diverge from evolutionary traits that are familiar, such as Circadian Rhythm. We have always set Circadian Rhythm, or being awake and falling asleep with the sun. Nevertheless, people with deviated Circadian Cycles are regarded to be smarter than those people whose sleep cycles are normal. (Kroes 2016)Another study from the University of Madrid found that Night Owls tested tend to be higher in general intelligence and even earn higher incomes than early birds (Kanazawa, 2015).Whenever a person has to do something at night, they would rather improvise than go by the book or abide by the rules. This forces them to be creative to finish a job. (Holik, 2015) A Study from the Catholic University of the Sacred Heart in Milan suggests that Night Owls are more likely to be creative and authentic when it comes to creating solutions to problems than morning larks. The lead author of that study, Marina Giampietro, suggests that Night Owls are truly more creative because staying up late at night can motivate the development of a non-conventional spirit of the capacity to find different solutions (Jacques 2014).

The term learning style may differ from a student to another as it simply implies that there are various styles at present (2U Inc., 2019). An effectivity of a learning style can certainly be determined by factors such as how does one be able to manage and allocate time to do both tasks and rest, environment to which their time table suits the best and whether both first two factors jive together resulting to it becoming effective. Learners in general need to possess a strategic and tactical mindset to persist studying. A learner without a learning strategy can either be plain sluggish or just does not know how to create his or her own time table. In a metaphorical manner, it can be compared to an engineer without a blueprint, an architect without measuring tools, a teacher without a teaching plan, a doctor not giving out prescriptions, a writer without an outline and other professions without a solid plan. As for the nighttime learner, they either prefer to study at night or their body and mind feels more vigilant during that time of the day. This strategy makes it to the top of their preferences rather than being one of the morning larks.

Time Management:

Time is an essential mean in a student's life. How good or bad your academic performance would be determined by how you utilize such resource. This is the reason why being flexible in terms of managing one's time well is vital to survive your quest as a student. Having this would benefit a student in absorbing lessons with no trouble, help you shape a respectable standing, and make you enjoy studying instead of dreading such a task (Nyatyowa, 2018). Time management is a skill that nighttime learners should develop for them to flourish towards success (Nasrullah& Saqib Khan, 2015).

In connection to this, organization is one key factor to achieve a great time table for nighttime learners wherein they can do their task and at the same time, have an adequate amount of sleep which would prevent them from dozing off when a class is going on. Nighttime learners' time management can also affect students' stress levels, as they must cope with their tasks and their personal achievements (Nasrullah & Saqib Khan, 2015). Without organization, a nighttime learner's thoughts can now be compared to scattered fragments. Absence of organization may make learning turn out to be more challenging but it's easy to get back on track (Kammler, 2017). Planning out a day decreases stress levels and unleashes a good type of energy. The actual act of utilizing organizational abilities to plan out day, week and month contributes to greatly feeling control and will be beneficial in such a way that, a nighttime learner's productivity increases throughout the day. The nighttime learner will feel for hands on with his/her life. Becoming skilled at grasping your time organization basically upturns your self-confidence and progresses your sense of personal power (Tracy, 2015). Organization is essential as it lets individuals and groups accomplish tasks more efficiently. It assists people to look for information and things faster; it also allows groups to function together without letting a single tick in the clock pass (Reference, 2019).

Furthermore, the internal system may be one cause, that may act as a hindrance or act as a plus for nighttime learners to thrive academically. Chronotype is the prime focus of the term "internal system". Chronotype is defined as a person's a person's routinely preference as to what times of the day they choose to sleep or when they are most alert or energetic. The correlation of cognitive functions and chronotype (morningness/eveningness) is further justified by previous findings in which concludes that people showcase higher mental performance during the times when they prefer to study or do a test (Rahafar & Maghsudloo et. al, 2015). Association of academic attainment can be different, it depends variables such as subject and assessment, though unswerving correlations with different variables have been found in which includes morningness-eveningness. Morningness-eveningness have unforeseen

effects on achievement through linkage with sleep factors, mind drifting, meticulousness, negative effects and metacognitive beliefs.

In such a case wherein learners are primarily to acquire more of the eveningness side since they see this as a more effective way. People who prefer to pull an all-nighter is even more fruitful if compared to early risers. Additionally, they also have enough stamina throughout the duration of the day. Numerous researches proved that Night Owls are known to have a greater reasoning and analytical capabilities than that of their counterparts, the Morning Larks (Breus, 2015).

Last of all, maturity is another key factor that the researchers have coined to attain a great time table for nighttime learners. Maturity in terms of taking the responsibility and having the initiative as a student to do one's tasks with his/her utmost dedication. To attain this certain key factor, one must distinguish their priorities well. Responsibilities greatly affect priorities. A student has the accountability to show up in class, accomplish assignments, pick up knowledge from the class material, etc. This can be compared to an employee having the obligation to go to work, do their work efficiently with others and be productive. Additionally, obligation to family may also act as a comparison as it can have a remarkable upshot on one's priorities. Lastly, in order to flourish over the lengthy haul, priorities must be impactful and have an everlasting significance (Green, 2016). To reach a goal, one must put effort and not simply hoping that their job or task gets done miraculously.

Environment:
One of the mandatory aspects a student should be familiar with is their environment. The kind of environment a student studies plays a vital role to the student's academic life. Intelligible Relationships between the study setting of a student and their behavior has been determined by past researches. (Sun & Richardson, 2016) Students who perceive a quality physical classroom environment are more likely to be please than the students who perceive a low quality physical classroom environment. Knowing that the Physical Environment has a great impact and influence to students, Higher Education Practitioners should make an effort to enhance the Physical Classroom Environment of students. (Han Et al., 2018).

In choosing the kind of environment they want, students have their own preferences. For students who have more vitality later in the day, night or evening can be a progressively viable time to think about. With less interruptions and harmony and calm, learning around evening time can help improve an understudy's fixation and core interest. (Oxford Learning, 2017) Learning around evening time can help you have the plenitude of harmony and calm that you have. Evening time is when individuals are progressively loose, calm and scrutinizing. That condition can be actually what a few people need to get in to the correct head-space for study. (St. James, 2015)

In addition to that, distractions are proven to be lesser during the nighttime. Since late nights are the best time to relax, it also a good time to focus on work that you are trying to do. With lesser distractions, it will be easier for a person, especially for night owls to focus and be productive. In that way, they finish their tasks easier and faster. (Gabriel, 2017) Students who prefer to study at night or those whom we call Night Owls find peace and tranquility more at night. During this time, night owls are not distracted with emails, text, notifications, phone calls, social media, or anything that can hinder them from finishing their work. Concentration is practiced at night because there are no interruptions or distractions that prevent a person from being productive. (Economy, 2015). Having least distractions is the biggest and major advantage of studying during the night because if there are lesser distractions, you will be able to focus more on your work and be able to do it in a productive and efficient manner. Also during the night, you are less likely to be disturbed by the noise outside since there is no traffic, and there are no unnecessary sounds that may act as a distraction to you. Also, all the members of your family are probably asleep already that means that there are lesser disturbances. You can study in peace during the nighttime. (Meena, 2018) You can also avoid the inconveniences during the daytime, like construction noises and other kinds of sounds that are not pleasing to hear and are not helpful in terms of providing motivation. For Night Owls, the quietness of the night can help lessen the interruptions for their process of thinking and doing. It really is a benefit for them to study at the nighttime. (Muska, 2015)

Moreover, influence is also evident in terms of the environment a student chooses. If you happen to choose a certain setting to study in, there can be consequences wherein it could influence or affect the relationship that you have. Also, influences can be found everywhere in your environment. The decisions you choose can be based from yourself and it can also be caused by influences. But, there should not be worries about your family distracting you

at night because they are already asleep. By the time that you decide to study, it is already their bed time that is why you will be pleased by the peace if you prefer to study at night, because the community is usually noisier during the day. Part of that community is your household and that just means that there can be lesser (Custodio, 2019).

Accomplishment:-
The amount of knowledge that a student acquires in certain amount of time is measured by accomplishment. Each student from different grade level has a specific goal in learning or instructional criteria that instructors and professors' requirement in teaching. A 'to-do' list that an educator can use to guide them throughout their teachings are similar to standards (Carter, 2015). Student achievement will increase if their style in studying will be effective.

In relation to accomplishments, when it comes to effectivity in studying during nighttime, its visibility in the results of students that are night learners is very clear. As night owls are intellectually tested and the result is that they have higher general intelligence and tend to have higher salary than morning larks (University of Madrid, 2015).

Night owls are more likely to accomplish various tasks. Compared to early birds, night learners are most likely to find waking up early easier and be productive because early birds find it extremely difficult to defy their typical bedtime hour and stay late (Economy, 2015). When people are left to their usual study hours, they feel much better. They become more productive when they are comfortable and it makes their mental capacity broader than before (Oxford University, 2017). In accordance to this, it only means that the more contented you are in a specific study time, the more you can achieve things easily.

In harmony with this, routine is like a habit or sequence that doesn't vary. There are daily routines and nighttime routines. As what the vocabulary website stated, most students have a routine – things that must be done on a regular basis. And people often get surprised by things that aren't part of their routine or shake up their routine.

Night-studying results in more retained information as compared to morning study. Though it's not recommended to study too late into the night, but going to bed after studying gives the ability to better process and absorb what is just learned." In addition, night-studying results in more retained information as compared to morning study (Meena, 2018).

Lastly, Night-studying can also be a major driving factor for independent learning. The ability to make rational decisions and accept responsibility for own learning practices are two aspects of independent learning. Motivation and confidence to take decisions are two other significant elements that are also considered. Independent learning is also appreciating the value of reflecting the acquired knowledge and deciding if it was effective or you have to try another   approach   (Bartram   &   Jacqueline,   2018). "Independent learning is essential for students to reach the level required by higher education. To develop the skills and mind which set the value of employers. It should be combined in all aspects of preparations, and its benefits sho uld be efficiently conveyed to students."(Anthony   McClaran,   2015). Much like a night owl, an independent learner is responsible for their own knowledge. They are self-motivated and admit that dissatisfaction in the present is valuable to realize future success. They're curious, engaged to learning. Independent learners are making the effort. They're problem solvers, but also know when to seek help. They think and plan for the future. They are prepared to study and choose the right techniques to adapt their development. They manage their time and are committed to self-improvement. (Burroughs, 2017)

Conclusion:-
This phenomenological study focuses on the personal experiences of the Night Owls, but not in general. Night Owls have a wide spectrum wherein it includes nightshift employees, artists, and others. This study primarily focused and dwelled on the nighttime learners, in which are people who have a preference for studying during nightfall. The analysis of the study using a promising approach has shown that a strategic mindset is vital in being a learner, most specifically in being a nighttime learner. Attaining a strategic mindset entails routinely proven skills that help a nighttime learner grow well academically. Skills such as allocating time well to required tasks, choosing the right learning environment and the end result of it all, not only being able to carry on with this routine throughout the duration of the education the nighttime learner needs but also having evidences that such a routine is advantageous in a nighttime learners' grades and rankings.
Findings of this study highlighted the three main themes that have emerged out of the experiences given out by the nighttime learners themselves. These experiences inferred from the interview discuss and suggests that a nighttime

learner must critically employ an effective routine and the effectivity shall be justified through the foremost themes that have arose. Time Management as verbalized by the nighttime learners, is the initial outline of the routine the learner is going to utilize. Along with it is the organization that the nighttime learner has applied, the internal systems that delayed or benefit the learner's memory retention, and the maturity or initiative that the learner has ought to. Environment as articulated by the nighttime learners, is not only limited to the type of place they want to study in but also the people that have influenced them to prefer studying at night, the distractions that acted as a boulder that stalled their memory retention and the different preferences that have affected the learners' relationship with other in either a good or bad way. Accomplishment as enunciated by the nighttime learners, is the end goal of the cycle. This is where the sense of independence arise as the learners are already capable of doing everything on their own without other's supervision and distraction. In connection to it, making something as part of your day, otherwise known as routine, cannot be done in a snap of a finger as it requires patience and hardwork. Thus, if everything falls into place then it is declared effective.

The researchers of this study recommends to future researchers to also give consideration on the scientific part of the study, which was not deeply tackled in this research. The researchers concluded that the responses were mostly talking about the positive effect of night time learning, the future researchers should seek if there are possible downsides that this learning style may entail. And also if this learning strategy is more of a preference than found in the genes. Through this, they will be able to perceive the two sides of the coin rather than merely focusing on the pluses it carries.

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