

time to drink water

Stephen

an adult needs 2 L water, which is about 8 cups of water per day to stay hydrated

As CS student, when we spend hours in front of computers, we are so focused that we forget to get hydrated on time.

- `time.sleep()` : The `sleep()` function suspends execution of the current thread for the given number of seconds.
- `time.ctime()`:show the curent local time
- `webbrowser.open(url)`:open a website
 - [#https://www.programiz.com/python-programming/time](https://www.programiz.com/python-programming/time)
 - [#https://www.runoob.com/python/att-time-ctime.html](https://www.runoob.com/python/att-time-ctime.html)
 - [#https://docs.python.org/3/library/webbrowser.html](https://docs.python.org/3/library/webbrowser.html)