

Writing

"Sleep is essential for a person's health and wellbeing"

Plan and write an **Expository** essay of not less than 14 sentences (160 words) talking about **the importance of sleep and what might happen if we don't get enough sleep. (What might sleep deprivation lead to)**

Outline

Introduction:

Hook: Did you know that an adult needs about 8 hours of sleep per night?

Background: Sleep is essential for a person's health and wellbeing.

Thesis: In this essay I will talk about the importance of sleep and what might happen if we don't get enough sleep.

Body:

Paragraph one

The importance of sleep

- retain new information (الاحتفاظ بالمعلومات الجديدة)
- reduce stress (يقلل التوتر)
- improve the mood (يحسن المزاج)
- do better in school (at work) (يتحسن الأداء في المدرسة)

Paragraph two

What might sleep deprivation lead to

- being moody (تقلب المزاج)
- memory problems (مشاكل في الذاكرة)
- gain weight (زيادة في الوزن)
- health problems (مشاكل صحية)

Conclusion: To sum up, sleeping well makes us feel better. Therefore, getting enough sleep each day is one of the most important things you can do for your health.

The importance of sleep (أهمية النوم)

Did you know that an adult needs about 8 hours of sleep per night? Sleep is essential for a person's health and wellbeing. In this essay I will talk about the importance of sleep and what might happen if we don't get enough sleep.

Sleep is very important for our bodies. **First**, it helps the brain retain new information. **Second**, it can reduce stress. **Third**, it can improve the mood. **Finally**, getting enough sleep can help us do better in school or at work.

Sleep deprivation can have many bad effects on our bodies. **For example**, it can make you moody and irritable. **Also**, it can cause memory problems. **In addition**, people who are deprived of sleep might gain weight. **Finally**, sleep deprivation can lead to health problems.

To sum up, sleeping well makes us feel better. Therefore, getting enough sleep each day is one of the most important things you can do for your health.