

**İTÜ PROFICIENCY
WRITING
EFFECT ESSAY ÖRNEĞİ**

What are the effects of sleep problem among youngsters?

EFFECTS OF YOUNGSTERS' SLEEP PROBLEM

A most recent problem among many youngsters is sleep problem. There might be many reasons for it; however, the effects of it are much more noteworthy than the reasons. Among many impacts, two of them stand out; disorderly life and educational failure.

One of the major effects of this sleep problem on young population is disorderly life. First of all, having not enough sleep or oversleeping leads to tiredness and laziness. According to a study conducted in Switzerland, one who sleeps less than 5 hours or more than 8 hours is prone to spending their days far less effectively than the ones who have regular sleep a day. Secondly, having problems with sleep may lead to chronic insomnia. To exemplify, an insomniac person cannot get sleep for 3 days in a row so he might cause variety of accidents ranging from traffic accidents to domestic ones.

In order to continue, failure at school can be given as the second most important effect of sleep problems on young people. As a starting argument, an adolescent who has sleep problems finds it hard to be on time for school. He may neither wake up nor find himself strong enough to go to school. If he does not go to school regularly, he lags behind the curriculum. A subsequent effect can be proposed as attention deficit. Contrary to what public has believed for years, Swiss scientists have disclosed that at least 7 hours of sleep is required to maintain one's attention span.

As it can be understood from arguments mentioned above, sleep problems have many destructive effects on youngsters such as having irregular life style and being unsuccessful at school. I believe that young people have sleep problems due to many environmental factors and technological factors. If we want to eliminate this problem, we should look after our environment and use less technological equipment.