# Example Essay

## **Preventing Sleep Disorders**

          Humans should typically spend a third of their life asleep. Here are a few questions to ask yourself: Do you get enough sleep? Do you fall asleep at school? Do people often tell you that you look tired? If you struggle to get enough sleep, you may have a sleep disorder. A sleep disorder is a problem that makes it difficult for your body to rest when you go to bed. You might have problems falling asleep, staying asleep, or resting peacefully while asleep. Some of the best ways to prevent sleep disorders are establishing good sleep habits, doing regular exercise, and making a comfortable bedroom environment.

          First, creating a good habit of regular sleep will help prevent a sleep disorder. Regular habits include a consistent schedule. It is very important to go to bed around the same time every night and wake up around the same time in the morning. When your body has a regular time to sleep, it is easier to fall asleep and stay asleep. If your sleep schedule is not regular, it can be difficult to sleep. A routine around bed time can also help improve sleep. Your routine should include activities that do not use screens. You can also do something relaxing to prepare your mind to relax and sleep peacefully. Doing these things consistently will help train your brain to be ready for sleep. These simple routines can also make it easier to sleep at night.

          Second, doing regular exercise decreases the chance of having a sleep disorder. Many people who exercise regularly sleep better because exercise can help reduce stress and depression, so the mind is more clear at night instead of worrying about problems. Also, when people exercise regularly, they use a lot of energy and it makes their body want rest. Many people who have sleep problems do not have a very active lifestyle and their body doesn’t feel tired at night. You will discover how much it will benefit you by decreasing your sleep disorder when you exercise regularly.

          Third, making a comfortable bedroom environment enhances the quality of sleep. There are many things that could distract you from having a good sleeping environment. First, your neighbor could be a problem. When you hear something, your brain reacts by making you alert. It might be beneficial to try to use earplugs, talk with the neighbor, or move to another place for better sleep. The temperature is also a related factor when you sleep. If it is too hot or too cold, you may have a hard time falling asleep or even staying asleep. Light is another significant part of your sleep environment. Your room should be dark if you want to sleep well. Creating a good environment for sleep is essential if you don’t want to have sleep problems.

          Overall, these simple habits can make a significant impact on the quality of our sleep. People need good sleeping habits and good exercising habits if they want to sleep well at night. You might think that poor sleep is a normal problem in our modern day. However, preventing sleep problems is possible. We don’t have to be tired every day if we make good choices and prepare our bodies for rest. We spend a large portion of our time asleep; we should enjoy it.

## Exercises

### Exercise 1: Identify the parts of an essay

Read the example essay to complete this exercise. You have analyzed pieces of this essay throughout the chapter. Now look at the essay as a whole. Answer the following questions about the example essay.

1. Label the introduction paragraph, the body paragraphs, and the conclusion paragraph.
2. Circle the hook.
3. What is the general topic of the essay?
4. Underline the thesis.
5. Underline each of the topic sentences.
6. Do each of the topic sentences support the thesis?
7. How does the conclusion paragraph begin? How does it end?

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