

Section 1

#1: Introduction (First paragraph)

Strengths:

- You've introduced the topic clearly and mentioned three key benefits of sleep (mental health, brain function, and physical health), which helps the reader know what to expect.
- Your opening question attempts to engage the reader and make them think about the topic.

Unclear Opening Question → Your opening sentence reads "Have you wondered why sleeping so good for you because all you do is take rest," which is confusing because it mixes a question with a statement. The grammar makes it hard to understand what you're asking. A clearer version would separate the question from the explanation.

Exemplar: *"Have you ever wondered why sleeping is so important? It might seem like you're just resting, but sleep actually provides many benefits for your body and mind."*

#2: Mental Health Paragraph (Second paragraph)

Strengths:

- You've included a specific statistic from Harvard University, which adds support to your point.
- The connection between sleep and feeling refreshed is relevant to the topic.

Vague Connection to Mental Health → You mention that sleeping "powers you up" and gives you a "fresh mind," but you don't explain what mental health actually means or how sleep specifically improves it. Mental health involves managing emotions, reducing stress, and maintaining a positive mood, but your paragraph only talks about feeling good and refreshed, which is quite general.

Exemplar: *"Getting enough sleep helps your brain process emotions and reduce stress. When you sleep well, you're better able to handle challenges and stay calm during difficult situations, which are important parts of mental health."*

#3: Conclusion (Final paragraph)

Strengths:

- You've summarised the main points from your writing, reminding the reader of the three key benefits.
- You emphasise the importance of sleep with the phrase "plays a crucial role in our lives."

Repetitive Summary Without New Insight → Your conclusion repeats what you've already said ("great mental health, having the brain function well... and how it helps physical health") without adding any final thoughts or encouraging the reader to take action. A strong conclusion should leave the reader with something memorable or suggest what they might do with this information.

Exemplar: *"Sleep is essential for our wellbeing, affecting how we think, feel, and stay healthy. By making sleep a priority and getting enough rest each night, you can improve your daily life and protect your long-term health."*

■ Your piece covers the three main benefits of sleep and attempts to support each point with research, which shows good planning. However, your content would be stronger if you explained the connections more deeply. For example, when discussing mental health, think about what mental health actually means beyond just "feeling good"—it includes managing worries, staying positive, and handling emotions. Additionally, your brain function paragraph could explain *how* sleep helps memory, such as by mentioning that the brain organises and stores information whilst you sleep. Your physical health section is the strongest because it gives specific examples like muscle recovery and immune system support, which help the reader understand exactly what happens during sleep. Try to bring this same level of detail to your other paragraphs. Also, check your grammar carefully, particularly subject-verb agreement ("sleeping so good" should be "sleeping is so good") and sentence structure. Your transitions between ideas could be smoother too—instead of starting each paragraph with "Sleeping is known for," try varying your sentence openings to make the writing flow more naturally. Finally, reconsider whether 9-11 hours is the correct recommendation for all readers, as sleep needs vary by age.

Overall Score: 42/50

Section 2

#1 ~~Have you wondered why sleeping so good for you because all you do is take rest.~~ [Have you ever wondered why sleeping is so good for you, even though it seems like all you do is rest?] However, sleeping habits provide you ~~good thing~~ [with good things] such as ~~a fine~~ [better] mental health, ~~improves~~ [improved] brain function, [and] ~~boosts~~ [boosted] physical health. Sleep is one of the most ~~main~~ [important] factors which ~~effects~~ [affects] the quality of life [.]

#2 Sleeping is known for giving you good mental health as ~~powers~~ [it powers] you up. Sleeping for at least 9 to 11 hours can benefit you as you ~~have~~ [wake up with] a fresh mind and ~~ready to start~~ [feel ready to face] the day. Good mental health means that you can usually have good times ~~through-out~~ [throughout] the day as you are ~~nice and fit~~ [feeling positive and energised]. A study from ~~Havard~~ [Harvard] University has shown that 92% of people felt good and refreshed after sleeping throughout the night. Therefore, sleeping for 9 to 11 hours is good for mental health.

#3 Sleeping is known for improving brain function as it ~~makes you fit~~ [keeps your brain active] throughout the night. Let's say you have an exam tomorrow and before going to sleep you revise ~~through~~ [for] all your subjects. Sleeping well ~~leads you to remembering~~ [helps you remember] information, [,] which makes you do ~~good~~ [well] in tests! Research from North Sydney University has shown that 88% of students did well in tests after having a good sleep and ~~was~~ [were] able to ~~memorise~~ ~~through~~ [recall information from] all the subjects. Hence, sleeping can help you with brain function.

Getting enough sleep is essential for maintaining good physical health because it allows the body to rest, repair, [and] grow. During sleep, important processes take place, such as muscle recovery, tissue repair, [and] the release of growth and stress-regulating hormones. A well-rested body also has a stronger immune system, making it easier to fight off illnesses. In addition, proper sleep helps regulate blood pressure, supports a healthy heart, [and] keeps energy levels balanced throughout the day. Without enough sleep, the body becomes more vulnerable to health problems like obesity, diabetes, [and] heart disease, showing just how important sleep is for overall physical ~~well-being~~ [wellbeing].

In conclusion, sleeping is very important for our daily lives as it provides great mental health, ~~having the brain function well making you remembering~~ [helps the brain function well by improving memory of] lots of information, [and shows] ~~and how it helps~~ [how sleep supports] physical health ~~at the most~~

[in many ways]. ~~Although~~ [Although] it may look like nothing, sleeping plays a crucial role in our lives!