

Section 1

#1: "Most children, especially, need to sleep up to 8 to 10 hours a day. Lack of sleep doesn't make you just dazed and lazy but also impairs your immune system, memory and increases the risk of anxiety and depression."

Strengths:

- You've included important health facts that help readers understand why sleep matters beyond just feeling tired
- Your writing connects sleep to real consequences that students can relate to, like memory problems

Weakness: Unclear sentence structure → The phrase "Most children, especially, need to sleep" creates confusion because "especially" doesn't connect to anything specific. What makes these children special? The sentence would be clearer if you either removed "especially" or explained who you're referring to. Additionally, "doesn't make you just dazed and lazy but also impairs" is awkward because the negative structure makes it harder to follow.

Exemplar: *Most children and teenagers need between 8 to 10 hours of sleep each day. Without enough sleep, you won't just feel dazed and lazy—it also weakens your immune system, harms your memory, and increases your risk of anxiety and depression.*

#2: "Imagine trying to run a marathon without water. That's what your brain does every day when it operates without rest."

Strengths:

- Your comparison helps readers picture what happens to their brain, making the science easier to understand
- You've chosen a relatable activity (running) that most students know requires energy

Weakness: Incomplete comparison → Whilst your marathon metaphor is engaging, it doesn't fully match the sleep situation. When you run a marathon without water, you dehydrate quickly in one

event. However, your brain doesn't work exactly this way with sleep—it's more about long-term effects building up over days and weeks. The metaphor also focuses only on one aspect (needing fuel/rest) but doesn't explain what specifically happens to your brain when it's tired.

Exemplar: *Imagine trying to run a marathon without water—you'd slow down, make mistakes, and eventually collapse. Your brain experiences something similar when you skip sleep night after night: it struggles to concentrate, forgets information easily, and finds it harder to control your emotions.*

#3: "So, what's it gonna be? Another episode, another scroll through TikTok—or actually giving your body the sleep it's been begging for?"

Strengths:

- Your ending uses a direct question that makes readers think about their own choices
- You've mentioned specific activities (watching shows, using TikTok) that students actually do instead of sleeping

Weakness: Missing practical guidance → Your conclusion challenges readers to make a choice but doesn't tell them how to actually improve their sleep habits. After explaining all the problems with poor sleep and benefits of good sleep, readers are left wondering what they should actually do differently. Should they turn off devices an hour before bed? Create a bedtime routine? Your writing would be stronger if it offered at least one or two concrete actions readers could take tonight.

Exemplar: *So, what's it gonna be? You could watch another episode or scroll through TikTok for another hour—or you could turn off your devices, set a regular bedtime, and finally give your body the sleep it's been begging for.*

■ Your advice sheet does a solid job of explaining why sleep matters and connecting it to students' daily lives. You've chosen relatable examples like struggling to focus in class and the temptation of watching shows or using social media. Your writing flows well from identifying the problem (feeling tired, struggling to focus) to explaining consequences (poor immune system, memory issues) to highlighting benefits (better grades, emotional strength). However, your piece would benefit from more specific, actionable advice throughout. You tell readers that sleep is important and ask them to make better

choices, but you don't guide them on how to actually improve their sleep habits. For example, in your second paragraph, after mentioning that children need 8-10 hours, you could add a sentence about what time they should go to bed if they wake up at 7am. Additionally, your third paragraph discusses how good sleep helps with academics and energy, but you could strengthen this section by explaining what "good sleeping habits" actually look like—do you mean going to bed at the same time every night? Sleeping in a dark room? Your fourth paragraph mentions emotional benefits but could be expanded with a brief example of how a well-rested student might handle a stressful situation differently than a tired one. Also, think about restructuring your conclusion to include practical steps rather than just posing a question. Instead of ending with a choice between TikTok and sleep, you could write: "Tonight, try turning off all screens an hour before bed, keep your room cool and dark, and aim for at least 9 hours of sleep." This gives readers something concrete to do immediately after finishing your advice sheet.

Overall Score: 39/50

Section 2

#1 Do you ever wake up feeling more tired than when you went to bed? Or find yourself struggling to focus in class, no matter how hard you try? If you didn't know, those are warning signs saying that your body needs urgent sleep. Without sleeping, life can be really hard as it can make you lose ~~activeness~~ [energy] and will make you ~~in the habit of being lazy and sleeping~~ [develop poor habits, leaving you feeling lazy and wanting to sleep] all day.

#2 Most children ~~, especially,~~ [and teenagers] need ~~to sleep up to~~ [between] 8 to 10 hours a [of sleep each] day. ~~Lack of sleep doesn't make you just dazed and lazy but also impairs~~ [Without enough sleep, you won't just feel dazed and lazy—it also weakens] your immune system, ~~memory~~ [harms your memory,] and increases ~~the~~ [your] risk of anxiety and depression. Imagine trying to run a marathon without water. ~~That's what your brain does every day when it operates without rest.~~ [Your brain experiences something similar when you skip sleep night after night: it struggles to concentrate, forgets information easily, and finds it harder to control your emotions.] Isn't it time you gave your mind and body the break they deserve?

#3 So what happens when you have good sleeping habits? Many students perform better in their academics~~and it will make them~~ [, and they] feel more energised. Good sleep boosts your brain's ability to think quicker and also to process and retain information.

Sleep can also affect your emotions~~When~~ [. When] you're sleep deprived, the part of your brain responsible for emotional control becomes less effective. That is the reason why most people become stressed, irritated, overwhelmed~~and especially sleepy~~ [, and exhausted]. But when you sleep ~~you will gain~~ [well, you gain] confidence, resilience~~and~~ [, and] emotional strength[.]

~~So, what's it gonna be?~~ [So, what's it going to be?] Another episode, another scroll through TikTok—or actually giving your body the sleep it's been begging for?