Section 1

#1: Introduction (First paragraph)

Strengths:

- You've used a relatable opening question that connects directly with your readers' experiences
- Your thesis statement clearly lists three main tips, helping readers know what to expect

Vague Language → Your phrase "change your ways of life" is too broad and unclear. What specific changes are you suggesting? The connection between staying up at night and the general statement about digital screens harming health could be stronger. You jump from one idea (staying up late) to another (vision and sleep problems) without clearly linking them. Try being more specific about what behaviours need changing.

Exemplar: "If you have, it's time to change your nighttime screen habits and protect your sleep and eyesight."

#2: Body paragraph 1 (Going outdoors)

Strengths:

- You've explained two clear benefits of going outside
- Your point about natural light helping eyes heal shows good understanding of the problem

Underdeveloped Reasoning → Whilst you mention chatting with friends makes devices "less likely to be opened," you haven't explained *why* this works or *how* conversation prevents phone use. The statement feels incomplete. Additionally, your claim that eyes are "given time to heal" from natural light needs more support. Does simply being outside heal eyes, or is it the break from screens that helps? The logic needs strengthening.

Exemplar: "Chatting with friends face-to-face keeps your hands and attention occupied, making you forget about checking your phone. Meanwhile, the break from screen glare allows your eye muscles to relax and recover from the strain of focusing on bright, close-up images."

#3: Body paragraph 3 (Screen time limits)

Strengths:

- You've provided specific, practical advice about setting one-hour limits
- You offer different strategies for people who use one app versus multiple apps

Repetitive Content → Your paragraph repeats the same idea multiple times without adding new information. You say screen time limits "prevent you from using the apps you like constantly," then later say it helps "get less screen time"—these are essentially the same point restated. The phrase "allows efficient time limiting, creating more time to relax and get the eye to heal" doesn't explain *how* the limits work or why they're effective beyond the obvious fact that they restrict time.

Exemplar: "Screen time limits work because they force you to make conscious choices about which apps matter most. When your time runs out, you'll need to wait until the next day, which breaks the habit of mindlessly scrolling and helps you find other activities to enjoy."

■Your advice sheet addresses an important topic and provides three practical strategies, which is a solid foundation. However, your writing would benefit from deeper explanations of *why* these strategies work, not just *what* they are. For instance, in your outdoors paragraph, you could explore how physical activity releases chemicals in the brain that improve mood, making screens less tempting. Additionally, your notification paragraph mentions people checking phones constantly but doesn't explain the psychological pull of notifications—the fear of missing out or the dopamine hit from messages.

Your paragraphs also sometimes state the obvious without pushing deeper. When you write "setting up a screen time limit really can help you get less screen time," you're essentially saying "limits limit you," which doesn't add value. Instead, explore the psychology: how do limits help break unconscious habits? What happens when we're forced to stop an activity we enjoy?

Also, consider adding a paragraph about *gradual* change. Many readers might feel overwhelmed by implementing all three strategies at once. You could guide them through starting with one tip, experiencing success, then adding another. This would make your advice more achievable and show understanding of how behaviour change actually works. Your conclusion currently just restates your tips without offering encouragement or acknowledging that change is difficult. A stronger ending might recognise the challenge whilst motivating readers to take that first small step.

Section 2

#1 → ~~Have you ever stayed up during the night, using digital devices and felt tired in the morning? If you have, it is time to change your ways of life.~~ [Have you ever stayed up during the night using digital devices and felt exhausted in the morning? If you have, it's time to change your nighttime screen habits and protect your sleep and eyesight.] Digital ~~screen~~ [screens] harm people's health significantly ~~currently~~ [today], reducing their vision and ~~stealing~~ [disrupting] their sleep. In this advice sheet, I will give ~~tips for you~~ [you tips] on ~~the topic of~~ how to reduce your technology usage, starting with ~~to go~~ [going] outdoors more, ~~disable~~ [disabling] notifications [,] and ~~set~~ [setting] time limits to restrain yourself.

First and foremost, one way to limit technology usage is to go outside more often. This is an effective method, as it benefits you in two ways. If you bring a friend along, you can chat with them, making digital devices less likely to be opened during ~~the~~ [that] period of time. #2 → ~~The second way is that it might help reverse the impact of digital devices.~~ [The second benefit is that outdoor time can help counteract the damage from digital devices.] For instance, one of the many effects of ~~digital devices being overused~~ [overusing digital devices] is eye problems. These are caused by the bright lights the device emits [—] not quite blinding the person but still harming their ~~eye~~ [eyes]. Going outside is the opposite [,] ~~it~~ [; as it] emits natural and safe light, meaning that the ~~eye is~~ [eyes are] given time to heal. Therefore, going outside successfully limits technology usage ~~with~~ [whilst providing] extra benefits as well.

~~Second of all~~ [Secondly], another way to decrease the amount of time you ~~are looking at~~ [spend looking at] a screen is to disable notifications. Despite this tip ~~being~~ [seeming] unimpressive, it actually has a ~~paramount~~ [significant] impact on people's technology usage. Many people have phones ~~today~~ [nowadays], where they ~~organise~~ [organise] chats so they could talk even when they're away. ~~While~~ [Whilst] this might seem like an excellent idea ~~itself, as it is~~ [in itself], there is one significant downside. People turn on notifications ~~on them~~ [for these apps], in ~~hopes~~ [the hope] of responding immediately when another person sends a message, but this makes the other tips useless. This is because they are expecting word from their friends every minute, making it impossible to focus on the task at hand [whilst] ~~while also making~~ [also making] them constantly check their ~~phone~~ [phones] for messages. ~~So,~~

~~you could~~ [Therefore, you should] turn off ~~messages~~ [notifications] in order to ~~stop~~ [reduce] ~~some~~ technology usage.

#3 → Last but not least, you can set screen time limits on ~~the~~ [your] device so you ~~wouldn't~~ [won't] use it too often. Setting ~~this~~ [up these] screen time ~~up~~ [limits] can be ~~good~~ [beneficial], since ~~it would~~ [they will] prevent you from using the apps you like constantly. If you mainly use ~~1~~ [one] central app or one app per day, setting a limit of one hour is ~~good enough~~ [sufficient]. However, if you use multiple apps per day, you could either limit ~~it~~ [them] so you spend a small amount of time on each or switch to one or two apps per day. This allows efficient time limiting, creating more time to relax and ~~get~~ [allowing] ~~the eye~~ [your eyes] to heal. Therefore, setting up a screen time limit really can help you ~~get~~ [achieve] less screen time.

In conclusion, I have given you three instructions to follow in order to significantly reduce your technology use and its harms ~~on~~ [to] you. These are to spend more time outdoors, turn off notifications [;] and set screen time limits for your digital ~~device~~ [devices]. So, why not try ~~those~~ [these] out right now?