

Batch: OB-53

Name: Abdullah Khan

ACADEMIC PARAGRAPH STRUCTURE

(Sub-heading: Negative effect of Social Media on Youth)

Topic Sentence	After 2010, excessive use of social media by youth is causing the disturbance of sleep cycle.
Explanatory or Reasoning sentence	Our body is designed to wake up with sunrise and sleep at night. Use of social media at night is causing sleep cycle disturbance.
Supporting Point (1)	Sleep is caused by secretion of melatonin hormone. Bright light and long use of screen suppresses its secretion so sleep is disturbed.
Example (1)	Cyberbullying Research Center in America has published many reports on adverse effects of social media; mental as well as physical.
SP 2 (optional)	
Ex 2 (to be written if SP2 is given)	
Concluding Sentence	Social media is a source of information but its excessive usage is causing sleep disturbance in youth.

(No. of words 99)