

PARAGRAPH WRITING

SANA NOMAN

ISB OB 49

SIR DR. ARIEF JAVED

Home work:

Sub-heading: Negative effects of social media on youth: sleep disorder.

1. <u>Topic Sentence</u>	There are numerous negative effects of social media on youth, the prime impact among several ones is experiencing sleep disorder.
2. <u>Reasoning Sentence</u>	The reason is that, the youth of this era struggles hard with sleep in bed at the time it is supposed to switch off the digital light interacting with their brain nerves through the night owl's eyes.
3. <u>Supporting Sentence</u>	Discipline is the key habit such excessive social media users miss out, not comprehending the significance of night sleep. The fixed bedtime hours are far away from them when their guiding master is none other than the evils of social media.
4. <u>Evidence</u>	On this note, a survey from the American Academy of

Sleep Medicine found that 93% of Gen Z have lost sleep because they stayed up "past their bedtime" to view or participate in social media.

5. Concluding Sentence

Consequently, the social media addiction to youth at night opens entrance for insomnia ending up into being a sleep-deficient patient.



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* PROPER FORMAT:

There are numerous negative effects of social media on youth, the prime impact among several ones is experiencing sleep disorder. The reason is that, the youth of this era struggles hard with sleep in bed at the time it is supposed to switch off the digital light interacting with their brain nerves through the night owl's eyes. Discipline is the key habit such excessive social media users miss out, not comprehending the significance of night sleep. The fixed bedtime hours are far away from them when their guiding master is none other than the evils of social media. On this note, a survey from the American Academy of Sleep Medicine found that 93% of Gen Z have lost sleep because they stayed up "past their bedtime" to view or participate in social media. Consequently, the social media addiction to youth at night opens entrance for insomnia ending up into being a sleep-deficient patient.

