PARAGRAPH WRITING SIR DR. ARIF JAVED SANA NOMAN TSB OB 49 Home Work: Sub-heading: Negative effects of social media on youth sleep disorder. There are numerous negative Topic Sentence effects of social media on youth, the prime impact among octs them several ones is experiencing ng sleep disorder. Reasoning Senten- The reason is that, the youth hard of this eva struggles CP with sleep in bed at the time it is supposed 10 switch off the digital light First, establish the idea interacting with their brain properly and then use abstract expressions, if nerves through the night owlis you want to eyes. the key habit 3. Supporting Sente-Discipline is such excessive social media users miss out, not comprehendmedic nce the significance of high ind sleep. The fixed bedtime far away from thom are master is their quiding when that the evils other hone social media this note, a survey from 4. Evidence American Academy the

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PARAGRAPH WRITING SANA NOMAN ISBOB49 SIR DRARIF JAVED * 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 owns 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 931. 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 enterance for insomning ending up into being a sleep-deficient patient.