

Napping
Grade 7 Explanatory Writing Task
Sample A

Napping

Sleep is one of the most important activities that most animals do, but this fact is mostly overlooked. In source #2, “How much sleep is enough”, the author states that “People whose sleep is out of sync with their body clocks (such as shift workers) or is routinely interrupted (such as caregivers or emergency responders might need to pay special attention to their sleep needs.” As a sleep deprived populous, shift workers and emergency responders might need some sleep on the times of the day that are not usually for sleeping, and that is where napping comes into play.

Napping, of course, is no replacement for sleep, as stated in source 1 paragraph 3, but it can give you lengthy period of mental boost (depending on your napping time and how long you napped). A study conducted by NASA’s Mark Rosekind found that taking even a 26 minute nap can boost your mental performance by 34%. A 45-minute nap offers the same kind of boost but for 6 consecutive hours. Another study conducted by David F. Dinges of the University of Pennsylvania found that doctors, who are often sleep-deprived, improved their mental performance by taking a nap as short as 24 minutes. Both of these studies concluded that napping can really be beneficial to people of all kind.

The idea of taking naps is not a new one. The Spanish word “Siesta” literally means taking a mid-afternoon nap. Before that, in ancient greece, evidence shows that in general, people became

drowsy between 2:00 PM and 4:00 PM. This was dealt with by eating a big meal and then hitting the hay for some time. In America however, the constant rush of innovation keeps people fighting to stay awake in this “Nap zone.” No wonder coffee is such a popular drink.

So why don't people take periodic naps during the day? It is beneficial to the individual and it benefits the people around that individual. In source #2 paragraph 10, the author explains that after a nap, people can be happier and more alert. This is something that coffee also does, except that coffee does not make people directly happier and napping does not form an dependency. Maybe companies should take steps towards including a “Nap time” into their schedule to keep their employees lively and enthusiastic. Maybe the reign of coffee shall stop, but according to countless studies and tests, napping has proven to be very useful to the human being.