

Notes ID	SH/15/09/2022	Language	English
Description	Causes solution essay	Targeted Exam	IELTS
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TASK 2 causes solution 4 paragraphs

Intro rephrasing the statement, thesis statement

Bp1 write 2-3 causes

Bp2 write 2-3 solutions, matching with solutions

Conclusion



These days many people complain about lack of sleep issues on daily basis.

What are the reasons behind it and give solutions to avoid lack of sleep?

Scarcity of sleep, Sleep deprivation, Sleeping disorder, Insomnia.

Currently, a large number of people everywhere are facing the problem of sleep deprivation in their day to day lives.

There are many reasons behind this, but remedies are also available to curb it.

To begin with, the prime cause which gives birth to sleep disorder is high level of stress in our lives. This means to say that, nowadays due to hectic work life and pressure in the job market, people feel anxious and depressed at the end of the day. Therefore, when they go to the bed, zillions of thoughts pop up which makes a person ponder on various issues of next day and future, this ultimately disturbs the sleeping pattern. Along with it, poor lifestyle also is a major factor which contributes towards insomnia. To elaborate more, nowadays due to high usage of technological gadgets at night on bed have huge detrimental effects on our sleep. As the blue light coming out of the devices have negative effect on our sleep as the rays kills the hormones responsible for sleeping. Similarly, lack of exercise and lethargic routine also has impact on the sleep issues. This means, those who have poor daily routine with no physical movements face more problem to sleep properly at night.

However, there are certain remedial measures which can be taken to solve this issue. First of all, every individual must learn to control the stress level at the end of the day. This conscience can be developed by instilling the thought in mind that night this meant for sleeping and but for worrying.

Therefore, before going to the bed, a person must forget all the tensions of the day but should try to sleep by doing some breathing exercises. Not only this, but there must be a gadget using time limit. This can be practically done by switching off all the devices at night at least one hour before going to the bed. This makes the mind and body relaxed and prepare it for a better sleep. Lastly, adding some sort of workout and exercise routine is also vital to encourage sleep. This can be done by doing workout in the gym and yoga everyday which creates **exertion** and eventually makes the mind and body sleep comfortably.

To wrap up, the problem of **sleep scarcity** is a **grave issue**. however, by effective steps taken by a person it can be harnessed to a greater level easily.



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