



GCSE

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ENGLISH LANGUAGE

UNIT 3

Reading and Writing: Argumentation, Persuasion and Instructional

THURSDAY, 9 NOVEMBER 2017 – MORNING

Resource Material

For use with Section A

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Text A is a poster about the effects of a lack of sleep.

the Power of Sleep

6 side effects of sleep deficiency

1
Long-term mood disorders
Chronic sleep debt can lead to disorders such as depression and anxiety.

2
Sickness
Prolonged lack of sleep can disrupt your immune system, making it harder to fend off bugs. Once you're sick, lack of sleep can make it harder to recover.

5
Weight gain
Studies show people who sleep less than seven hours a day are 30 percent more likely to be obese.

4
Infertility
Sleep disruptions can result in trouble with conceiving.

3
Diabetes
Studies suggest people who sleep less than five hours a night have an increased risk of having or developing diabetes.

6
Heart disease
Long term sleep deprivation is associated with an increased heart rate, blood pressure issues and higher levels of chemicals that are linked to inflammation.

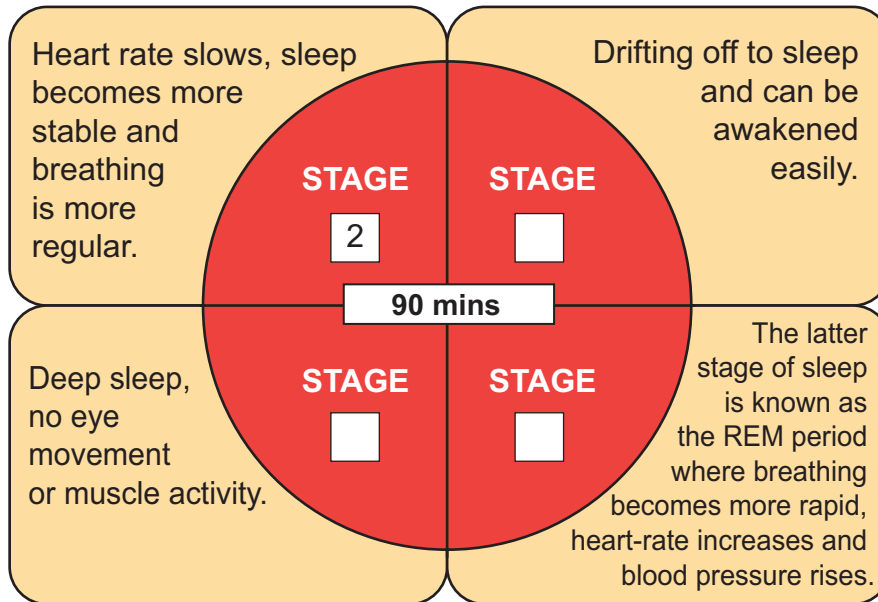
So, how many hours should you be getting?

Newborns	Pre-school children	School-age children	Teens	Adults
				
16-18 hours a day	11-12 hours a day	10 hours a day	9-10 hours a day	7-8 hours a day



Each year, at least **4,000 crashes** and **300 deaths** in the United Kingdom are related to **falling asleep while driving.**

Text B appeared in a GCSE biology textbook. It describes the different stages of a regular **sleep cycle**. These stages are not in order.



Text C is taken from a webpage about sleep for teenagers.

Teenagers: let's sleep on it

Sleep is food for the brain and is vital to your well-being. During sleep, important body functions and brain activity occur. Skipping sleep can be harmful as it will limit your ability to learn. Your appearance can be affected by a lack of sleep and can contribute to acne and you may feel emotional or aggressive. Sleepiness can make it hard for teenagers to get along with their family and friends and will damage their marks in school and their performance while playing sports.

Remember: a brain that is hungry for sleep will get it, even when you don't expect it. For example, drowsiness and falling asleep when driving causes more than 4000 car crashes every year. When you do not get enough sleep, you are more likely to cause an accident or injury.

Sleep Facts

- Teens need about 9 to 10 hours of sleep each night to function best.
- Most teens do not get enough sleep — one study found that 85% reported sleeping fewer than 8½ hours on school nights, which affected their concentration the next day.
- Teens tend to have irregular sleep patterns across the week — they typically stay up late and sleep in late at weekends, which can damage the quality of their sleep and their mental health.
- Many teens suffer from treatable sleep disorders, such as narcolepsy or insomnia.

Text D is taken from a newspaper article.

Oversleeping is dangerous

The amount of sleep you need varies during your lifetime. It depends on your age and activity level as well as health and lifestyle habits. Although sleep needs differ over time and from person to person, experts recommend that adults should sleep between seven and nine hours each night.

Why do people sleep too much?

Hypersomnia is a serious medical disorder. The condition causes people to suffer from extreme sleepiness throughout the day and then sleep for long periods of time at night. A condition called sleep apnoea causes people to stop breathing during sleep and can lead to an increased need for sleep because it disrupts the normal sleep cycle. People can sometimes stay up too late watching television which causes them to sleep for longer the next morning.

Not everyone who oversleeps has a sleep disorder. Other causes of oversleeping include the use of substances, such as alcohol and some prescription medicines. Medical conditions, such as depression or stress, can cause people to oversleep. There are also people who simply enjoy sleeping for long periods of time.

Medical problems linked to oversleeping

Diabetes. Researchers have found a link between sleep and diabetes. People who slept more than nine hours each night had a greater risk of diabetes than people who slept for seven hours a night.

Obesity. Sleeping too much could make you weigh too much. One study showed that people who slept for nine or more hours every night were 21% more likely to become obese over a six-year period even when food intake and exercise were taken into account.

Headaches. Sleeping longer than usual on a weekend or holiday can cause head pain. Researchers believe this is due to the damaging effect oversleeping has on the brain.

Back pain. Once doctors sent people with back pain straight to bed. Now they realise the health benefits of being active and recommend not sleeping more than usual, when possible.

Heart disease. In a survey of 72,000 women, those who slept more than nine hours a night were a shocking 38% more likely to have coronary heart disease than women who slept eight hours.

Get the benefits of sleep without oversleeping

Regardless of the cause of your oversleeping, practising good sleep habits will help you reap the benefits of a healthy seven to eight hours of sleep each night. Keep the same bedtimes and waking up times every day. Avoid caffeine and alcohol close to bedtime. Regular exercise and making your bedroom a comfortable environment will help you get the amount of sleep you need.

Text E is taken from a medical website.

Laptops and phones are causing teens to lose sleep

Teenagers sleep worse if they spend more time using computers, phones and tablets, a study has found.

Experts say there is a direct link between screen time and sleep problems in children and that guidelines need to be established – including banning TVs from bedrooms – in order to help children get the sleep they need and improve their mental well-being.

The teens were asked how much time they spend outside of school hours on their computers, smartphones, MP3 players, tablets, games consoles and in front of the television. They were asked about their sleep routines, how much sleep they needed in order to feel rested and how long it took them to get to sleep. Girls lost sleep due to spending a significant amount of time chatting online while boys lost sleep through playing games on consoles and computers (often missing out on the social side of using media devices). But almost all of the teens said they used one or more electronic devices an hour before going to bed and some acknowledged that this was making them tired and, as a result, moody.

The study revealed that if teenagers used an MP3 during the day and in the hour before bedtime there was a slight risk of taking longer than 60 minutes to get to sleep. Use of a computer or smartphone in the hour before bedtime increases this risk by a further 10%. Total daytime screen use of more than four hours was linked to an almost 50% greater risk of taking longer than 60 minutes to fall asleep. And a total of more than two hours of screen time after school was strongly linked to shorter sleep duration. Teens who used four or more devices were 26% more likely to take 60 or more minutes to fall asleep than those who used just one.

The researchers said: “The recommendations for healthy media use given to parents and adolescents need updating, and age specific guidelines regarding the quantity and timing of electronic media use should be developed. The current recommendation is not to have a TV in the bedroom. It seems, however, that PCs and mobile phones are exerting the same negative influence on quality sleep. The results confirm recommendations for restricting media use in general as it is hugely detrimental to a teenager’s sleep.”