**Dear Ross,**

**Hi! I know that your exams are coming up, and I have noticed you are pulling an all-nighter almost every day. You have also started becoming cranky and started talking back to me and our parents. This behaviour can be due to exam stress and lack of sleep. I will tell you some reasons, why sleep is a must for a good life.**

**Firstly, Sleep does a lot more than just simply recharge the body. It is the fuel for the brain, helps fill cognitive deficits, give the body needed energy to carry through activities, studies and sports. Moreover, according to the scientists, it has also been observed that teenagers who report good sleep report fewer behavioural and attention problems. Furthermore, you will be fresh as a cucumber when you wake up. In addition to that, you will have energy all the day instead of drooping around like a sloth.**

**I hope this convinced you to sleep on time and not stay up late. This will benefit you, not us.**

**Lots of love,**

**Your sister.**

**Anwesha Duggar (Grade 6)**