



ECC

Assignment#1

TOPIC

**The Importance
of Sleep for a
Healthy Life**

Purpose:

To inform

Audience:

Class and the teacher

Introduction

As humans, there are some things that are really essential for us to thrive and do better without which negative impacts can be seen. Though if fulfilled, success is inevitable. One such phenomenon is sleep.

Outline

1. **TS1:** Our body needs to heal physically.

MP(a): When we sleep, our body relaxes and henceforth heals.

SD(a): Without proper sleep, athletes are at risk for lowered performance, poor recovery and excess fatigue.

MP(b): Proper sleep is an integral part of being physically healthy.

SD(b): According to a study, the body naturally produces leptin, an appetite suppressor, while reducing production of the appetite stimulant, ghrelin resulting in maintain healthy weight.

MP(c): Sleep completely restores the body, making people feel refreshed in the morning.

SD(c): The body produces growth hormones necessary for development in children that also repair tissues and cells in people of all ages and restore the immune system.

2. **TS2:** A healthy sleep schedule supports a healthy brain function, emotional stability and can help in managing stress.

MP(a): Individuals who wake up well-rested are likely to be in a better mood.

SD(a): A study in 2018 found that being deprived of sleep leads to more negative thoughts and emotions.

MP(b): Better sleep yields better results.

SD(b): Proper sleep can improve your ability to concentrate and be more productive. People who don't get enough rest often have a hard time paying attention in class or at work.

MP(c): It helps in relieving stress.

SD(c): A proper night's sleep can help in managing stress and help think more clearly.

3. **TS3:** Proper sleep helps you align your day as well as live a disciplined life.

MP(a): Everything falls in place accordingly once you've a set routine.

SD(a): Studies show that people with a proper sleep schedule are more likely to make the most out of their day.

MP(b): A proper sleep routine helps you live a disciplined life with a balanced schedule.

SD(b): It maintains the timings of the body's internal clock and can help an individual in waking up and falling asleep easily.

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