**What Factors Contribute to Students’ Sleep Deprivation？**

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**Phenomenon:**

According to the definition of Education Department, students’ sleep deprivation is that the time of sleep for students is less than 8 hours a day. Sleep deprivation of students occurs mainly in high schools. Pressure on study, interest-oriented classes and overusing phones contribute to students’ sleep deprivation.

**Explanation: Pressure on study, interest-oriented classes and overusing phones**

Great pressure on study is the major cause of students’ sleep deprivation. Preview …. Review …. Homework ….

Another reason for students’ sleep deprivation is attending many interest-oriented classes. After school ….

Overusing phones also contributes to students’ sleep deprivation. Chat …. Games …. Read novels ….