

In modern society, ~~the importance of sleeping has been ignored by many people and it has raised argument among public~~ few people prioritise healthy sleeping schedules. According to ~~many medical reports~~ research, lack of sleep can cause fatigue and tiredness ~~tend to overwhelm human beings which will~~ leading to related ~~easily make both health and mental problem~~ physical and mental health problems. This essay will outline some key factors related to lack of sleep and some potential way to resolve ~~the these sleep~~ issues.

Comment [Dave1]: late in the essay

First of all, ~~working overtime will~~ reduces time for ~~the~~ sleep time and ~~make body to be sore~~ leads to increased soreness. However, many people ~~are~~ working ~~overload overtime in contemporary world~~ these days. For example, many IT companies in China are propagating ~~their a '996' (6 working days start from 9am to 9pm weekly) theory~~ workweek among their staff. Indeed, ~~working overtime effectively has been~~ can be considered as a core ~~lesson skill~~ and element of a career that may span decades. ~~for many people in their career which may last for decades.~~ Secondly, ~~another reason for lack of sleep is~~ the existence of ~~electricity devices~~ advent of portable consumer electronics ~~could be another reason for causing not enough sleep.~~ Most ~~people consumers~~ use their mobile phones before sleep whether ~~it be for~~ setting alarm or checking social media. ~~Additionally, people~~ Users are then ~~more likely to be disturbed will be~~ attracted by ~~those~~ updates from social media and news which ~~will easily causes they spend much longer time on mobile than they expected~~ can result in lack of sleep.

Comment [Dave2]: shorten to 2 sentences if possible

Comment [Dave3]: verb phrase needs the -ing to use as a subject

Comment [Dave4]: not about the causes - irrelevant

~~The potential problems associated with lack of sleep related to fatigue. These can include~~ ~~Accidents in road and at work are sometimes~~ accidents and ~~mistakes made at work, of a result of not enough sleep.~~ Fatigue ~~will~~ reduces ~~the body~~ performance in ~~some a variety of ways~~. Reducing work ~~loads overload~~ is ~~of one possible~~ the solution to combat fatigue. It is not advisable to work overtime as it ~~can~~ causes the body to ~~be feel~~ sore ~~later~~. Maintaining ~~the a~~ balance between work and sleep is vital in life. Moreover, ~~staying~~ away from ~~electricity digital~~ devices 30 ~~mins minutes~~ before bedtime would improve sleep quality significantly. ~~Rather than twittering using social media applications like Twitter and TikTok or checking scrolling through the~~ news, reading is an alternative option for ~~people individuals~~ before sleep.

Comment [Dave5]: topic at the beginning of the sentence

Comment [Dave6]: what you want to say at the end of the sentence

Comment [Dave7]: good specific detail!

Comment [Dave8]: mostly irrelevant - hurt TA score a lot

Comment [Dave9]: Much recent research supports the contention that using a smartphone immediately before bed makes it more difficult to fall asleep and lowers the quality of the sleep itself.

Comment [Dave10]: very very little development here

Comment [Dave11]: later lead to more serious medical conditions

Comment [Dave12]: sentences don't relate or build

Comment [Dave13]: good sentence!

Comment [Dave14]: about the problem

Comment [Dave15]: accurate grammar

To sum up, sleep should not be ignored as it is essential for both mental and physical health. ~~Overload working~~ Working too much and using consumer ~~electronicse of electricity devices~~ before sleep should be reduced. Furthermore, governments ~~or~~ related authorities should pay attention to ~~the~~ labour issues regarding overtime working and ~~must put some~~ enforce regulations to maintain ~~the a standard~~ working ~~hour day of no more than~~ 8 hours per day.

Task achievement: 5

Cohesion/Coherence: 5/6

Vocabulary: 6

Grammar: 6

5.5

Comment [Dave16]: didn't write about the second question