

Name: \_\_\_\_\_

Class: \_\_\_\_\_

# Process-based Writing

Use the correction code on the following page to improve this formal essay.

Sleep is a crucial aspect of our lives, and getting sufficient sleep is vital for our health and well-being. While the common idea is that eight hours of sleep for day is necessary, the total sleep necessary goes from person in person based on varied factors.

Several factors affect the amount of sleep a person needs including age, lifestyle, and genetics. For instance, the older adults require less sleep, while babies and teenagers need more. Therefore, individuals with a sedentary lifestyle may require less sleep than that who lead an active lifestyle.

Moreover, get enough sleep is essential for our health and well-being. Chronic sleep deprivation can lead to several health negative consequences such as obesity, diabetes, and heart disease. On the other hand, adequate sleep was associated with better cognitive functioning, emotive regulation, and improved mood. In my opinion, while eight hours of sleep is a good general guideline it is not a one-size-fits-all rule. Some individuals may function well on less than eight hours of sleep, while others may require more. Is crucial to listen to our bodies and prioritise getting enough sleep for our overall health and well-be-

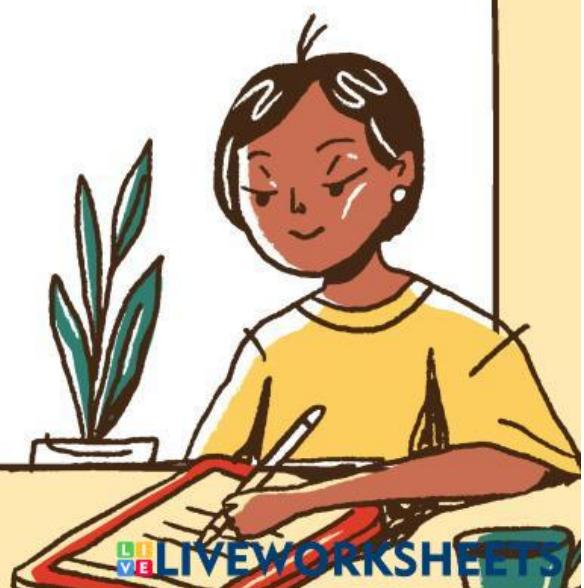


# Process-based Writing

## Code

## Meaning

## Example

**WW** Wrong WordI'm hearing the radio right now.**WT** Wrong Time/TenseThey visit the Pyramids last year.**WF** Wrong FormWas you at school yesterday?**SP** SpellingI estudy English.**P** PunctuationIm from canada.**^** OmissionShe's lawyer.**X** Word Too ManyI live in the Argentina.**NA** Not Appropriate/RegisterHi Sir/Madam,**//** Paragraphing**?** Not Clear**-----** Rewrite This

# Process-based Writing

This is an improved version of the essay. Answers may vary.

Sleep is a crucial aspect of our lives, and getting sufficient sleep is vital for our health and well-being. While the common belief is that eight hours of sleep per day is necessary, the amount of sleep necessary varies from person to person based on various factors.

Several factors affect the amount of sleep a person needs, including age, lifestyle, and genetics. For instance, older adults require less sleep, while babies and teenagers need more. Similarly, individuals with a sedentary lifestyle may require less sleep than those who lead an active lifestyle.

Moreover, getting enough sleep is essential for our health and well-being.

Chronic sleep deprivation can lead to several negative health consequences such as obesity, diabetes, and heart disease. On the other hand, adequate sleep is associated with better cognitive functioning, emotional regulation, and improved mood.

In my opinion, while eight hours of sleep is a good general guideline, it is not a universal rule. Some individuals may function well on less than eight hours of sleep, while others may require more. It is crucial to listen to our bodies and prioritise getting enough sleep for our overall health and well-being.