FOMO

posted 2 hours ago by Mr Braddock, Sixth Form teacher

Everybody knows how important it is for students to 1. **get** a good night's sleep every night. You aren't able to do your best and keep up 2. **with** all of your responsibilities 3. **unless** you sleep well. I'm sure you already know that you 4. **should** go to bed at a reasonable hour. Most experts agree that the optimum number of hours is eight, and this has been accepted 5. **as** common sense for as long as I can remember. However, I was young once and I know that most of you get much 6. **less** sleep than that – and in some cases it will **7. be** affecting your schoolwork.

I read an interesting article in a teachers' magazine recently. They 8. **did** a study of 848 students in Wales. Worryingly, the results showed that teenagers are facing a new problem. They 9. **may** go to bed and get up at appropriate times but a 10. **growing** number are waking up 11. **in** the middle of the night, not to use the bathroom or have a snack but because of a new phenomenon: *FOMO – fear of missing out*! According to the article, schoolchildren are suffering because of a growing trend to wake up 12. **during** the night to check social media. Afraid of 13. **missing** a comment or opportunity to 14. **take** part in a chat, teenagers are waking at all times of the night, going online and 15. **getting** involved. All this when they 16. **should** be sound asleep.

Experts are worried 17. **about** this growing trend and the report reveals some worrying statistics that I'd like to share with you:

- **23% of 12 to 15-year-olds** wake up nearly every night to use social media. Another 15% wake up at night once a week for the same reason.

- **One** 18. **in** **three students** are constantly tired and unable to function to their full capacity.
- **Students who use social media during the night** are more likely 19. **to** suffer from depression and anxiety.

So, I'd like to ask you to be responsible when it comes to social media. Be brave! Switch off your devices at night. The world won't end and your social media will be 20. **waiting** to greet you in the morning! I 21. **give** you my word that you won't 22. **have** missed anything important.