

People nowadays sleep less than they used to in the past. What do you think is the reason behind this? What are the effects on individuals and people around them?

Sleep deprivation is more prevalent than what it used to be just a few decades ago. Most of us have seen sleepy individuals trying not to fall ~~into a~~sleep at their work or while commuting at public means of transportation. I believe a large part of this deprivation is due to technological advances besides human greed for a higher standards of living. Many a person works for more than one company or studies as a fulltime student while working, hence their lack of sleep. When it comes to this greed, I argue that not only does this change harm the person, but it also can have irreparable damages to others.

Having enough night sleep is so important that almost all the health researches recommend ~~to have~~having at least seven to eight hours of rest at nights, but ~~a~~in this day and age a large majority of people across the globe suffer from sleep deprivation. One of the main reasons behind this is the long hours of work that members of modern societies are involved with ~~it~~. Exhausted ~~of with/by/from~~ the hectic pace of life, ~~the~~ majority of ~~the~~ workforce nowadays ought to do overtime owing to the heavy load of work they are assigned. In addition to their heavy duty, an overwhelming majority of people are addicted to social media demanding a lot of their sleep time.

Many critics hold the idea that the consequences of this change ~~is are~~ not limited to those with lack of sleep. They maintain that these groups can harm society by the undesirable ~~costs harm~~ they ~~make~~ ~~inflict~~ such as car accidents caused by sleep-deprived drivers. Statistics shows hardly a month goes by without a fatal accident by a driver who ~~has~~ fallen into sleep while driving. Lack of sleep can give rise to ~~a~~ ~~weakened/compromised~~ body immune system which leads to myriad illnesses in addition to cardiovascular diseases to diabetes. Low mood and unacceptable performance ~~is are~~ another drawback of sleep deprivation that can directly bother people around those ~~lacking in with~~ this essentially vital need of humans, called sleep.

To cut a long story short, I argue that this widespread phenomenon ~~have has~~ to be considered a critically significant factor in societies, and it is incumbent upon authorities to increase populace awareness in this regard. Sleep disorders and specifically sleep deprivation plays an important role in ~~an~~ individual's health and can demand lives if people do not care about it sufficiently.