

People sleep less than before in many countries. Why do people sleep less? What effect does it have on an individual and on society?

Nowadays, in many regions around the world, people have ~~less-fewer~~ sleeping hours than before. I think that this issue, which is mainly because of the changing of ~~sleep~~ patterns ~~sleeping~~, has some reasons and serious impact on both individuals and ~~the~~ society. I will discuss it in the following.

There are ~~the-a~~ number of reasons ~~that~~ why people sleep less nowadays. Firstly, modern era and increasing urbanization have resulted in ~~a~~ stressful life style. In fact, people must earn more money so that ~~they can~~ fulfill their needs. Then, they take the time of sleeping and replace it with work and get involved with overtime jobs. On the other hand, because of cutting ~~age-edge~~ technology, rarely can you find a person these days without playing video games, using Facebook, chatting with their friends and surfing on the internet. Most people currently prefer to spend their leisure time ~~to-on sort-of the~~ mentioned activities rather than going to sleep.

I should point out that, Not only ~~is an~~ adequate amount of ~~asleep is~~ necessary for everyone, but also ~~it can it~~ give rise to ~~a~~ rejuvenated body and psychological health. Lack of ~~sleeping~~ has some irreversible effects such as, tiredness, anxiety, less concentration on the work. Accordingly, all of these consequences cause ~~to~~ society transition into ~~a~~ less productive and finally weaker community.

To put it in a nutshell, I personally opine that, although less sleeping can have some benefits especially in ~~financial terms of financial~~, ~~insomnia-it~~ has irreplaceable side effect on the physical and ~~psychology-psychological~~ well-being. Moreover, ~~the~~ government should provide some campaign to ~~aware-educate~~ people about ~~the~~ advantages of sleeping which ~~it can~~ ~~conjure~~ ~~foster~~ an efficient society for us all.