

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?

Today, most of the people do not have enough time for sleeping and they have to compensate for the lack of sleep in the weekend.

There are several factors that affect the sleep pattern in today's modern society. One of them is work pressure that causes people to work long hours rather than the past which in turn reduces sleep hours. Moreover, some people have /work two or three jobs nowadays that makes it less relaxing. However, the type of work people do is also important. For instance, IT engineers work in addition ~~to~~ work at home to meet their project deadlines which affects their sleep hours.

Furthermore, with the spread of cities, working distances have become longer than the past. Today, people spend more time getting to work. The traffic is the problem that affects the transportation time and causes people's time to be wasted in streets and roads. However, technology has increased the speed of shipping and people use modern general transportation such as metro and trams to get to work.

The scientists have reported that the suitable time for sleeping is 10 P.M which in turn leads to body rest enough. Also, the amount of rest time is between 6 and 9 hours in the day and at night and this issue varies among people. The poor sleep makes people unwell in the morning and brings about lack of causes they do not have sufficient concentration in their work.

In addition, the amount of sleep has direct impact on the behavior of individuals and they become nervous easily. Not sleeping enough leads to loss of patience and the person gets irritated on minor issues. This makes relationships sour and breaks friendships. / build up a sleep debt

In conclusion, I believe that work pressure and life style have been changed rather than compared to the past and these factors affect sleep time and causes-renders people become nervous.