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Course and Section Number: ENG 1121 E106

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UNIT 3 WORKSHEET 1 Note: the following are prompts to help you organize your work. Please make your answers clear and easy to read! Take all the space you need to answer the questions.

My general area of study is: Sleep

1. After doing some preliminary research, I am able to note below at least one **argument / discussion / problem** that surrounds my area of study:
 1. Importance of Sleep
 2. Sleep Disorders
 3. Lack of sleep = change in mood, memory loss, less concentration
 4. Stress/Too much work = Lack of sleep
2. The people or community of people most affected by this problem are...:

People of older age or those who are limited to sleep because of overloaded work, students who stay up to study for exams or complete assignments for multiple classes, students who work/have families of their own while attending college, those who already suffer from sleeping disorders, those who have difficulty understanding why they have not been sleeping right

3. Here are some key terms or phrases particularly associated with this issue. (*For example, if your proposal is about hiking, you might use phrases like “manageable distances,” “maps,” “excursions,” “rough terrain,” “backpack,” “dehydration,” “survival in the elements,” “pathfinding,” et al.*):

dream, REM, sleep deprived, Narcolepsy, dazing off, unproductive, need, essential, critical, time consuming, reenergizing, nap, snoring, wide awake, twisting around the bed

4. Here are the sources I have used so far to read about and otherwise learn about this issue. (Wikipedia, CNN, personal interviews, *The New York Times*, *Psychology Today* – **whatever** the source, please note it. *Did you use the key terms you just listed, above, when you conducted your searches?* If not, take some time and do so!):

Common Sleep Problems (for Teens) - KidsHealth. <https://kidshealth.org/en/teens/sleep.html>. Accessed 5 May 2019.

Haiken, Melanie, and Health Journalist. “10 Common Sleep Problems and What to Do About Them.” Caring.Com, <https://www.caring.com/articles/sleep-problems>. Accessed 5 May 2019.

Melinda. “Sleep Needs - HelpGuide.Org.” <https://Www.Helpguide.Org/>, 2 Nov. 2018, <https://www.helpguide.org/articles/sleep/sleep-needs-get-the-sleep-you-need.htm>.