

UNIT 3 WORKSHEET 2 Inquiry Project

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UNIT 3 Worksheet 2 brainstorming your Research Proposal

Write a short draft (at barest *minimum*, 4 paragraphs) in which you present a proposal for research. In this proposal you will state your problem and tell the reader how your inquiry will potentially shed new light on this problem. Whom (what individuals or groups) will your inquiry benefit? How might your inquiry be of benefit to them (socially, economically, etc etc)? Show us how you are bringing some new perspective to an understudied area of this problem.

(To put this another way, this paper is where you tell us, enthusiastically, why you care about your issue, and why we should care as well.)

At the end of your Proposal. create a **List of Relevant Sources** in proper citation format and a *short* explanation of why each is helpful/relevant/has bearing on this topic.

Stuck? Here are some writing prompts if you need help getting started:

“I / we feel that it is important to open up further discussion and analysis of

Such discussion would bring the following potential benefits.....

This discussion would foster awareness of.....

This awareness is important because.....

I feel that it is important to open up further discussion and analysis of the importance of sleep. Commonly, people tend to lose sleep as they grow older as they acquire more responsible with a job and family. Sleep is an important essential for every human to boost their productivity for the upcoming day. The stress falls onto the person’s shoulders often leads to lack of sleep. With lack of sleep leads to lass productivity and dozing off at times when someone would be wide awake if they had enough sleep.

This discussion would foster awareness of overworking people. If you want to earn money for basic living needs, it is better if the work is efficient and successfully with enough sleep every night. Some side effects that comes when you lack sleep are sleep deviation, increases chance of accident on the road, low concentration, mood changes and memory loss. Why would you not give your body what it needs just to suffer long term?

Personally, I tend to lack in sleep because I work on projects for my major classes. Every week I have to show a progression through my design concept for the proposal. I cannot simply procrastinate like someone else would for their paper because I would get no where when the deadline comes. Since I am always working on my projects, I don’t really go out with friends as often. I am always keeping myself in the same stressed state of mind adding onto the lack of sleep that I have. With the lack of sleep, I have noticed that I cannot even remember what I did the day before since my mind blanks out.

Something that people tend to take for granted can benefit the person in many ways. The productivity would increase allowing them to get more things done while doing them the right way. The person’s mood are more positive allowing the person to become less stressed. Not

acknowledging the possible side effects of lack of sleep should not be taken with a grain of salt, but understanding the bigger picture of how serious it is. It cannot be simply fixed with medication, and doesn't have to. You can fix the problems just by changing habits and the way you decide to approach your situation.

List of Relevant Sources

“11 Effects of Sleep Deprivation on Your Body.” Healthline, 19 Jan. 2018,

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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>.

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