

7th Grade Argumentative

Prompt: Napping

Napping is a very good and productive thing to do daily. Napping is good because it helps a lot with people's cognitive performance. A cognitive performance is just testing how much mistakes people make. Napping also helps by removing stress from people's lives and also naps renew a person's energy for short and long periods of your day and week.

Napping helps remove stress. Many famous people have taken naps to reduce their stress of their everyday lives. These people include American presidents Ronald Reagan, Bill Clinton and John F. Kennedy all took frequent naps to help with the lots of stresses and hardships of leading our country. Also Napoleon Bonaparte the French emperor many years ago had to give uplifting speeches without any further notice. He was able to do this by taking frequent naps during his day.

Naps improve your cognitive performance. From the article The Secret Truth about Napping it states that naps even as little as 24 minutes improve people's cognitive performances. They proved this by doing a research lead by David F. Dinges, a professor from the University of Pennsylvania. They studied this by letting subjects nap for a short period of time and their brain was able to function at a higher level than before they took a nap. This proves once again that naps are good to take during the day.

Naps renew and improve your energy during the day. Many famous and historical people had their energy stored during the day by naps. Those people are the amazingly creative scientist Albert Einstein and the person that would change the world forever Thomas Edison. They both had unusual sleeping patterns that helped them to work in a more creative and focused day. The also amazing artist Leonardo Da Vinci would also take naps during his day. If any of these people had skipped their naps during the day many of them would not have invented or created what we have today. Different jobs need more naps during the day. Also in The Secret Truth about Napping article it states that scientific and medical workers are examples of unusual work schedules. Doctors in the emergency room have a hard time with taking naps because of their 24 hour work days. Without taking naps they are drowsier and not as careful with things. NASA decided to test whether astronauts should take naps or not. Astronauts are not exposed to certain times of lightness and darkness. Since there is no certain amount of lightness a result of it is that they get two less hours of sleep each day. This means that they have more of a trouble of concentrating and are grumpier. So NASA did research with volunteers and with naps their memory was improved but not their alertness. Longer naps work better than short naps also.

Other people can say about naps that napping is just a waste of time and you could do something else important during that time during that little period of time. They would also say that you just need to get enough sleep during the night rather than napping during the day. I think that some part of that is true but you wouldn't have as much energy with no nap to get you through the day.

In conclusion, naps are great because it helps you cognitive performance, helps renew your energy that you have already used and removes stress from your everyday lives. Without naps you would fall asleep during an important meeting or even school if you are a kid.

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Do you like to sleep because some people don't get enough sleep at night so they are not fully engaged in their daily lives. Some get a break and get to take a nap but most people don't and are tired for the rest of the day and if they don't get good sleep that night either that adds to the time they already have lost. Sleeping is a great and so are naps and we should sleep as long as we can so we are not tired and miserable and not keeping up on what people are to do. Sleeping is important it helps people stay awake, and focus for school or work.

Sleep is what makes us stay awake and be a part of your peoples own life and others around. Being awake during the day is important and keeps us strong for the day. Staying awake makes us active and sleep does most of the help of being awake. Winston Churchill stated "A nap can renew a person's energy." Being awake doing the day is a big part of your day and if someone is on a sport team they wasn't to stay awake so they don't get hit.

For work or for school we need sleep to stay focused in our work and so people don't fall asleep on their desk. Staying focused is very important because you don't want to mess up or do something wrong like mistake papers. Work and school are very important to pay attention in and so we don't miss anything important. In the article it states, "Some people get more sleep on their days off then they have to work." If people don't get enough sleep they should go to bed earlier but some people don't like going to bed early and that is their own fault.

Everyone sleeps and sleep is a good thing it keeps us moving and working the right way and if we get more sleep the better your day will be. Sleeping is very important to our daily life. We get our energy by sleep and if someone is very active that means they had lots of sleep or just had lots of sugar. But sleep keeps us awake during the day and asleep during the night.

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Some people may think that napping is really good for you. However napping can't fix everything. There is a certain number of hours of sleep you should be getting each and every night. Napping doesn't provide all the other benefits that sleep does. Also how to get extra sleep if you need it. Going to bed on time is hard sometimes because of homework and work that needs to be done, but if you go to bed on time, then you won't need to take naps in the day.

There are many people that ask the question how much sleep is enough? Well there is a certain number of hours of sleep that each age group should be getting. According to a chart written by the "Smarter balanced assessment consortium". It recommends that "Newborns should be getting 16-18 hours a day. Preschool-aged children should get 11-12 hours a day. School- aged children should get 10 hours a day. Teenagers should get 9-10 hours a day. Also adults and the elderly should be getting 7-8 hours a day."

Napping doesn't provide all the other benefits that sleep does. For example, people sometimes nap to deal with their sleepiness. Despite of their efforts naps only gives the person a short-term boost of energy but doesn't do much more. According the "Smarter Balanced assessment Consortium". It states that "Studies show that such a short-term sleep deprivation leads to a foggy brain, worsened vision, impaired driving, and trouble remembering. Long-term effects include obesity, insulin resistance, and hard disease."

How do you get extra hours of sleep? Well a good way is to go to bed on time! Sometimes it is hard to go to bed on time because of homework, and maybe you came home from work late, but if you go to bed on time then you won't have to take naps during the day. If there is just no way that you can go to sleep on time, then you can also keep a dairy for a couple of weeks that records the amount of sleep you get each night.

In conclusion, napping is bad for you. There is a certain number of sleep you should be getting each and every night. Napping doesn't provide all the other benefits that sleep does. Also how to get extra sleep if you need it. If you go to bed on time then you won't have to take naps during the day.

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Many famous historical figures have been nappers. American presidents John F. Kennedy, Ronald Reagan, and Bill Clinton all took frequent naps to help them deal with pressure of leading a powerful nation (The Secret Truth about Napping). This is one of the many reasons that naps are generally good for people. The importance of sleep, naps for certain careers, traditions of napping all over the world, and whether or not napping is only for little children.

Sleep is very important to the human brain and body. "Some people nap as a way to deal with sleepiness. Studies show that such short-term sleep deprivation leads to a foggy brain, worsened vision, impaired driving and trouble remembering. Long term effects include obesity, insulin resistance, and heart disease." Says article "The Importance of Sleep". Without sleep, the body malfunctions. Its systems fail to do what they are supposed to do because they are tired. Your brain is cluttered with memories that need to be stored when sleeping. Sleep deprivation is much like being a zombie.

"The Secret Truth about Napping" states "Scientific studies show the benefits that naps can provide for individuals with unusual work schedules. Examples include astronauts and certain medical personnel. The human body operates according to an internal clock. This clock operates in relation to Earth's pattern of darkness at night and bright light during the day. If the person's job makes for interrupted sleep-or sleep at odd hours-the internal clock can become confuse. Then the person has trouble getting to sleep. Those who work very early work shifts are most unfortunate. They are heavily in need in naps. Their job does not allow naps.

The article "The Secret Truth about Napping" states "There is a word in the Spanish language to describe the habit of taking a nap in the mid-afternoon: siesta. However, taking a midday nap not only common in Spain. In Greece, for example, people have traditionally taken a break in the middle of the day. They have eaten a large meal and then take a nap. It is not the noontime meal that makes Greeks sleepy. Evidence suggests that most people become drowsy between 2:00 pm and 4:00 pm." Many cultures around the world say that taking naps is part of tradition.

Some people believe that naps are for little children. They believe this because they regard napping as an unproductive habit. However, they are wrong because there has been studies shown that napping benefits people of all ages. "After a nap, people tend to be happier and for alert. They do better work and avoid mistakes. Nappers may even have better long term health than non-nappers.

Overall, napping is good for all people. Sleep is very important to the human brain and body. Certain jobs and professions have very odd and unusual work schedules. Many cultures and countries have daily nap times from their culture. Studies have shown that naps benefit all people of all ages. This evidence proves that napping is good for people.

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The people that get sleep actually is getting boosted up well for a little because they have only had sleep for night sleep so they don't get lots of sleep for the morning. The people that actually got sleep for a long time have the same thing but they probably get to be alerted when they need to be alerted.

First, the people how think that taking a nap is bad is because the kids have to sleep for 12 or 10 hours so they can't have a nap. The people that do that will be tired at dinner. The people should have naps then they can boost up there memory and so they don't get tired.

Second, is the people that do have issues of trying to get to sleep then they have to have some sleep or a nap. They have to have something because they can't boost their memory or they can't do their normal work and won't remember things important. When they have 1 hour of sleep then they will be good for the rest of the day.

Third, if I were to choose the second then I would not be myself and that I could not go to school or something. The first one I would kind of choose because they can't have a nap and it will probably take half of the day to start feeling sleepy. so when you are trying to get some sleep and then you don't get enough then you just try to take a nap no matter what.

So you still confused then I will try to make it all make sense. Who ever get sleep but doesn't get a nap then they will only stay awake half of the day. If the other person gets some sleep and has a nap then they will stay awake for the whole day.

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Have you ever taken a nice long nap after a long day of work, or school? If you haven't, it totally helps. Well many people don't take naps due to the way their life is planned out. For example, if you are a doctor, and you have to work long hours (say from 6:30 am- 9:00 pm) then there isn't much time to take a much needed nap. Also, there are some others that think a nap is a waste of time, when we could be doing something better. Well, I think that everyone deserves some time to let themselves rest. Why? One, many people can get sleep-deprived and not do so well in the things they have to do daily. Two, napping is a benefit in general. And three, even the professionals need their sleep to make things work.

So there are people in many of our lives that we say "woke up on the wrong side of the bed" well that is just an effect of not getting enough sleep. After a long day of work or school, everyone needs their rest. "The human body operates according to an internal clock. This clock operates in relation to the Earth's pattern of darkness at night and light during the day. When a person's clock in in sync with her or his habits, the person can mist likely sleep well at night an remain awake and alert all day....if the person's job makes for interrupted sleep---or sleep at odd hours---the internal clock can become confused. Then the person has trouble getting enough sleep." (Smarter Balanced Assessment Consortium) When people become sleepy at work or school they can be confused, and have a hard time focusing. Well, the solution....take a nap.

Napping is a huge benefit in many people's lives. My mom naps on a regular basis due to having to wake up early to get the kids ready for school, and then having to stay up late doing whatever parents do. Napping can be a benefit to all ages, and that's the truth! Whether you are 2 years old, or 80, napping should always be a priority. "Naps may provide a short-term boost in alertness and performance. However, napping doesn't provide all of the other benefits of night-time sleep." And if you don't get enough sleep, "sleep deprivation leads to a foggy brain, worsened vision, impaired driving, and trouble remembering. Long-term effects include obesity, insulin resistance, and heart disease." (Smarter Balanced Assessment Consortium) So if you take a nap, and listen to your body when it is tired then you will be more focused, and happy person throughout the day.

If you have ever heard of Leonardo Da Vinci, Albert Einstein, or Thomas Edison, they all took naps to! "They all had unusual sleep patterns that allowed them to work in a focused and creative way. Maybe if Edison had skipped his naps, he would have never invented the light bulb. Maybe Leonardo would have been to sleepy to paint the Mona Lisa. (Smarter Balanced Assessment Consortium) If these great people didn't take their daily naps we probably wouldn't be where we are today. Even for the great inventors or other celebrities, short naps can make an overall difference in how many mistakes they make, and how well they perform. So if you are working hard to accomplish something and you are getting really stressed about whether it's going to turn out the way you want or not, you can take a nice nap to rest you and your thoughts.

So napping isn't the best possible thing in the world and maybe sometimes it can be a complete time waster, but everyone needs an occasional well deserved nap. "After a nap, people tend to be happier and more alert. They do better work and avoid mistakes. Nappers may even have better long-term health than non-nappers." (Smarter Balanced Assessment Consortium) So mark my words, if you are feeling drowsy and just can't go on with the day much longer, grab a pillow and a blanket, lie down and take a nap.

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Naps can be very good for people. They can help them refresh and feel more awake. Naps help people get sleep that usually don't get that much. They help people work better and be more productive, because they are less tired. Many famous people took naps, so they might even lead to great things. It can also lower "sleep debt" with will keep you more awake.

Naps can help refresh people when they are tired. Sometimes, people aren't getting anything done because they are tired, but if they lay down and take, even a quick nap, they will feel refreshed and get stuff done. Naps can help people get the required amount of sleep for their body, as well, which makes them more refreshed in the mornings, too (The Secret Truth About Napping).

Many famous people have taken naps, like Thomas Edison, who invented the light bulb, and even Albert Einstein, who was a world famous scientist. Many presidents did, too, like John F. Kennedy or Ronald Reagan. Even Leonardo Da Vinci took naps, who painted the famous Mona Lisa. Many of these people took naps, and they did many great things (The Secret Truth About Napping).

Napping can also lower a person's "sleep debt". Sleep debt is when you lose sleep at night. Say you lose 2 hours of sleep every night for a week, then your sleep debt for that week is 14 hours. Naps can lower your sleep debt, by giving your body the sleep it needs. This way, you still have time to get up and start with sleep debt, but you get rid of it when you take a nap (The Importance of Sleep).

Some people would say a nap is not good because it takes up too much time in the day. However, it can actually make you more productive so you get more stuff done. You can also stay up a little bit later because you will not be tired after your nap. Naps can help you be more productive so you can get plenty of stuff done, and not feel so tired while you do it.

Naps can help people in many ways. It helps them feel more refreshed and happy. They help people be more productive, because they are less tired. It can even lower your sleep debt so you are less tired and happier. Many famous people took naps and they did many things that helped the world. People can be more productive, happier, and more refreshed if they just took naps.