

TEST 2, WRITING TASK 2

This is an answer written by a candidate who achieved a **Band 8.0** score.

These days, a lot of people complain about having difficulties with getting enough sleep. These problems may be faced for a number of reasons. For instance, if there is a lot of work that needs to be done immediately, it is easy to spend the whole evening finishing it. Then there will be just a little time left to sleep before waking up in the morning.

Having much less time to sleep, however, is not the only issue. A lack of sleep is believed to be a crucial factor in changing the behaviour of the person. Not getting enough sleep may result in feeling tired as soon as an individual gets up and during the whole day. People experiencing problems with falling asleep at night may even become aggressive towards the others. Even though the people we are surrounded by may not know exactly why such behaviour takes place, the person whose mood has changed may definitely guess the reason.

But is there anything that can be done about lack of sleep? There are a few methods to get more sleep without any problem. First of all, it is very important to remember that the perfect time for a sleep at night is eight hours. If a person sleeps less for some reason, it is a good idea to reschedule the day a little bit. Making sure there is enough time to sleep is significant! Additionally, listening to a loud and energetic music before going to bed may be the reason for finding it difficult to sleep. It is better to listen to something quiet and relaxing. This way, people are more likely to fall asleep faster. As well, thinking about the issues that were faced during the day is not always good, especially before bedtime. Not only it will make a person worry, it will also be an obstacle preventing an individual from falling asleep. It is always better to change these to the positive thoughts!

As it may be seen, the problem of lack of sleep is easily fixable, each person just needs to find the options that suits them best.

Here is the examiner's comment:

The writer addresses all parts of the task sufficiently, although there is room for further development. The response is well-developed and ideas are relevant, supported and extended. Information and ideas are logically sequenced and cohesion is well-managed. Paragraphs are used sufficiently and appropriately. There is a wide range of vocabulary and evidence of the ability to convey precise meanings, with good control over spelling and word choice. The writing also shows a wide range of structures and the majority of sentences are error-free. Only occasional errors are noted [*listening to a loud ... music* / listening to loud ... music | *Not only it will* / Not only will it | *change these to the positive thoughts* / change these to positive thoughts]. To achieve a higher score, the candidate would need to develop the ideas further and reduce the number of errors in vocabulary and grammatical control.