

TEST 2, WRITING TASK 2

This is an answer written by a candidate who achieved a **Band 6.0** score.

A significant number of people suffers from the lack of sleep. A Hectic lifestyle, an oppressing job or boss, permanent deadlines, hustle and bustle of big cities where we mostly live. There is an abundance of reasons why we endure shortage of sleep. However, the question is how it deteriorates our health and how to tackle this problem.

A man is told to sleep at least 6 hours per day. Un-doubtedly, it is an average figure, but some get less of it. It sterms to tiredness, fatigues, uncontrolled pouluses of anger, loss of consentration, anxiety. These emotional conditions influence your co-workers, an instant family, friends as well as your own health. The impact on your health can't be overestimated. You can end up in hospital. An exhausted condition never does good for your health.

Being treated like this, you would definitely like to take some action. The solutions are available.

Firstly, there have to be some precautions. Don't have a late night. It's necessary to go to sleep at the same time. It won't take you long to adjust to a new schedule. Make an appointment with a doctor, they are able to figure out the origin of your sleeping issue. The lack of sleep can be the result of mere insomnia. List the things that occupied most of your time, estimate if they are worth it. You should be asked by yourself if you have put on too much. Apparently the answer will be positive, anyway, if you often feel drowsy and worn out, it's time to settle down and observe your life in case there is any disturbanses that don't allow you to live as you deserve. Enhance your life right now!

Here is the examiner's comment:

The writer covers both parts of the task, itemising several problems and suggesting some solutions. Ideas are presented logically and there is a clear overall progression, with some use of cohesive devices to guide the reader through the text [*However* | *These emotional conditions* | *Firstly*]. The range of vocabulary is quite ambitious [*deadlines* | *hustle and bustle* | *endure shortage of sleep* | *impact* | *overestimated* | *precautions* | *adjust to* | *insomnia* | *drowsy* | *worn out*], but the level of error is high [*oppressing* / *oppressive* | *deteriorates* / *damages* | *Un-doubtedly* / *Undoubtedly* | *sterms* / *leads to?* | *fatigues* / *fatigue* | *pouluses* / *pulses* | *consentration* / *concentration* | *instant* / *immediate family* | *put* / *taken on too much* | *disturbanses* / *disturbances*]. There is a mix of simple and complex sentence structures, used fairly accurately. Occasional errors in grammar and punctuation do not reduce communication.