



Advanced | Exemplar Essay

Naps: Healthy or Not?

The Benefits of Napping



Claim and Focus

This essay presents a clear claim (“napping is an essential part of our life that is highly needed...”) that is developed and continues throughout the entire essay. The counterclaim is discussed (“On the other hand, some may argue that they do not have time to nap, have too much to do, or that they just cannot find time”) with adequate explanation provided. The focus of the essay stays on topic.



Support and Evidence

This essay provides relevant and useful evidence from the sources to support the claim, all while explaining how that evidence proves and connects to the claim. Support is provided to refute the counterclaim, which supports the overall topic (“On top of that, many have a misconception that napping takes up time, but in reality, 24 minutes is the perfect amount of time for a nap”).



Organization

This essay is logical and has a strong organizational structure. Transitions are used to enhance the cohesion of the writing (“in the first place,” “furthermore,” and “on the other hand”). The writer’s message is clear and supported by showing connections between the claim, counterclaim, and evidence provided.



Language and Style

The essay maintains a formal style throughout. Sentence structure is varied and vivid word choice enhances the writing (“accurately,” “misconception”). The writer has a clear command of conventions. The writing is engaging and shows a distinct perspective (“Above all, napping is generally good for people because taking a nap will increase one’s quality of life by improving their health”).



Using Exemplars in Your Lessons

Exemplar essays are tools to take abstract descriptions and make them more concrete for students. One way to use them is to print the clean copies of the essays and allow students to use the rubric to make notes or even find examples of important elements of an essay - thesis statements, introductions, evidence, conclusions, transitions, etc. Teachers can also use exemplars to illustrate what each score point within a trait ‘looks like’ in an authentic student essay. For additional ideas, please see “25 Ways to Use Exemplar Essays” by visiting the Curriculum Resources page in Help.

Naps: Healthy or Not?



The Benefits of Napping

Have you ever wondered how something as simple as taking naps can affect our lives in numerous ways? Think about it, what would happen if we lived in a world with no naps? Naps are easy inexpensive ways to refresh your brain and get rid of your sleepiness. Furthermore, many historical figures such as Albert Einstein, Leonardo De Vinci, and Thomas Edison also took naps to stay focused, alert, and to get rid of their sleepiness. Napping is an essential part of our life that is highly needed because it can provide you with the extra energy and health benefits, critical improvements to your brain, and help cope for lost sleep.

In the first place, the small amount of time it takes for someone to get the effects of a power nap is astounding. This is good for someone who just needs a little kick start in their day. According to the article "How Much Sleep is Enough," "naps provide a short-term boost in alertness and performance." As you can see, this is beneficial to those who work unusual work schedules such as doctors and astronauts. These people do not have a regular sleep patterns, and loss of sleep is common. Furthermore, sleep loss also causes those with that job to become very tired, groggy, and delirious. With a nap, energy can be restored and allow them to do their job correctly. Not to mention, napping can be a factor in lowering blood pressure after mental stress, which can be very important to people when they are in that type of situation.

Additionally, naps help improve brain functioning. The article "Ask the Sleep Doctor," states that "studies show that taking a short nap after learning new information may help you remember that information better!" This evidence from source 3 shows that napping can be an extremely essential part of our lives, and can help us remember

new information, rather than forgetting it right away. Often, people learn information and lose it quickly, but taking a nap after learning something important is a way to combat that problem. Similarly, in "The Secret Truth About Napping," the author said, "the main takeaway seems to be that a deep sleep, whether it is nighttime sleep or a daytime nap, primes the brain to function at a higher level, allowing us to come up with better ideas, find solutions to puzzles more quickly, identify patterns faster, and recall information more accurately." That really proves that any sleep, even a nap during the day, can make the difference in how we perform our daily tasks.

Lastly, naps help your body cope for lost sleep. Many people do not get the right amount of sleep needed each night, whether they stay up too late, have to get up very early, or simply can't fall asleep easily. Those people could easily take a nap to make up for some of that time, but many do not. Source 1 states, "if you routinely lose sleep or choose to sleep less than needed, the sleep loss adds up. The total sleep lost is called your sleep debt." This could be avoided with a nap. If one's loss of sleep builds up too much, they can become exhausted and make mistakes in their everyday life. On the other hand, some may argue that they do not have time to nap, have too much to do, or that they just cannot find time. These people do not realize that you do not want to be losing sleep since it can harm your health. On top of that, many have a misconception that napping takes up time, but in reality, 24 minutes is the perfect amount of time for a nap. This short amount of time could make a huge difference in one's life. For instance, instead of drinking coffee or 5 hour energy just take a nap to energize yourself. Some claim that naps are mostly for children. Naps can be beneficial for people of all ages though. Many will say that naps make people more tired instead of refreshed, but that is simply not true.

In conclusion, napping is more beneficial than not in numerous ways. Napping gives energy boosts that are needed throughout the day, as well as helps the brain function by remembering important information. Above all, napping is generally good for people because taking a nap will increase one's quality of life by improving their health.