**OMOTOSO BARAKAT**

**CALEB BRITISH INTERNATIONAL SCHOOL**

**JSS2**

 **TITLE: IF I COULD INVENT SOMETHING NEW**

If I had the chance to invent something I would invent a device that would put people to sleep immediately without any side effects. Proper sleep is important for concentration, physical health and mental health. According to survey, the top three sleep-deprived countries are South Korea and Saudi Arabia getting just under 6.5 per night on average and the sleepiest country Japan clocking in a few winks above 6.25 hours.

 Getting enough sleep is a vital human need. Without sleep our concentration is affected. We are easily distracted, we can’t remember things, and we don’t notice what’s happening around us. Good sleep improves your brain performance, mood and health. Not getting enough quality sleep regularly raises the risks of many diseases and disorders. People who work the night shift may find getting quality sleep extra challenging.

 Our mental health is affected by lack of sleep. It is easy to tell when people don’t get enough sleep. They’re angry and out of sorts. They lose their temper easily and over react to situations. A lack of sleep affects your ability to remember and react, which can cause your brain to go blank on the most routine of tasks.

 Our physical health also shows a strain of sleeplessness, too. If we don’t get enough sleep we might be unable perform our daily activities. We have less energy, and everything seems like a major effort. Over a long period of time, we become slow and unresponsive. The wear and tear on the body from lack of sleep can be a serious health problem. Sleep deprivation also weakens our immune system. It also increases the risks of cardiovascular diseases. Wouldn’t it be great to go to bed every night knowing you don’t have a problem to go to sleep?

 Thus, I think this device will be really helpful to humans especially workers. Many people who do night shifts will have no problem sleeping. I really hope someone is working on this device because it will be useful to us. I really hope you like my essay.