



Proficient | Exemplar Essay

## Naps: Healthy or Not?

### The Naps Debate



#### Claim and Focus

This essay introduces a clear claim in the introduction (“Just taking short naps can help your health, provide more energy for your body, and increase your knowledge and memory”). The essay mostly maintains a focus on the purpose and task throughout the entire essay and attempts to refute the claim (“Although many claim that naps are a waste of time”).



#### Support and Evidence

The writer demonstrates an understanding of the topic and prompt by providing sufficient evidence to support the claim that naps are good (“after a nap, people tend to be more happier and more alert. They do better work and avoid mistakes”). A counterclaim is present, but the explanation could be extended to add more details.



#### Organization

The writer organizes a steady argument throughout the essay. Clear transitions are present throughout (“To begin with” and “In addition”), but could use more to connect ideas throughout the essay overall. The ideas within paragraphs are directly related and do not stray off topic.



#### Language and Style

The essay could use more advanced vocabulary to enhance the language. Sentence structure begins to vary in this essay, but many are still simplistic in nature (“In order to live a happy and healthy life, take naps” and “Because of this”). A unique voice is present in this essay, but could be expanded to show more perspective.



#### 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 Naps Debate

Many people debate whether naps are beneficial. Evidence proves that naps have many advantages. Naps can be very valuable in many ways as they can help boost your alertness and performance. Just taking short naps can help your health, provide more energy for your body, and increase your knowledge and memory.

To begin with, naps will improve one's health. In a 2011 study, researchers at Allegheny College found that napping was a factor in lowering blood pressure after mental stress. Because of this, napping will be helpful for those who may have health issues. When the body gets rest, it refreshes and is able to recharge.

Secondly, taking naps can also do more than just give a person health benefits. Naps can also offer energy. In the article, "How Much Sleep is Enough?" the author says, "naps provide a short-term boost in alertness and performance." Instead of lasting all day without sleep, which can be dangerous, one should take a 24-30 minute nap. There is scientific evidence that a nap as short as twenty-two minutes can boost motor skills, cognitive function, and most of all, energy.

Next, since naps can increase mental performance, they are useful in increasing knowledge. This means that when you are tired, your brain does not respond in the same way it would if you were well rested. This could cause one to not think clearly. It is important to be rested to improve memory and information. Because of this, naps are very useful to those who have demanding jobs and those who are in school. In addition, "The Secret Truth About Napping" by Maria Allegra says, "after a nap, people tend to be more happier and more alert. They do better work and avoid mistakes." Although many claim that naps are a waste



of time, they do not realize the benefits that naps have. Some also claim that naps are only for children, but naps are valuable for people of all ages if taken right. Studies say that just a small 24 minute nap could help in various ways.

Overall, finding time to sleep can be challenging, but if you find time to nap, you will improve your health, body, and mind. Napping is more beneficial and good for people than not. In order to live a happy and healthy life, take naps.