

Randall d 2012
rethinking sleep
sunday review-new
york times 1-2 essay
sample

[People](#)



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The article is Rethinking Sleep, and the author is David Randall. It is about the lack of sleep in most individuals. The article clearly states its thesis, which is the lack of sleep, is an affliction which has been seen to cross the economic line (Randall, 2012). The introduction helps the reader know what the article is about and lays a foundation of the article discussion. The introduction asks an important question that will help an individual in reflecting any instances he or she has ever lacked some sleep. My thesis is whether the author has delivered the content of the article well and to the right audience.

Article summary

Lack of sleep has become a common thing in today's world. Some people have adopted napping as their way of sleeping. There has been an emphasis on eight consecutive sleep hours being necessary for everyone since 1990s. If the body is allowed to have a freedom in modern life, it would have split schedules of sleeping. Sleep helps the brain choose the information it wishes to keep and the one to discard (Randall, 2012).

Analysis

The author has over relied on findings of other researchers instead of carrying out his own research and dwelling on his findings. For example, he says of how Roger Ekrich spent a lot of time investigating about nights and developed references to sleep. I feel the author would have done the research and come up with his conclusions. He has also used other conclusions from different researchers. However, despite this I feel the author clearly stated the importance of having enough sleep for all individuals. He gives reasons of why most people lack sleep. For example, he says that individuals lie in bed for long thinking of the sleep they lack thus not getting any sleep at all. The importance of sleep is also given when he says that it helps the brain be able to take in new information (Randall, 2012).

Conclusion

In conclusion, I feel the author has successfully passed his message to the reader and has based the article with the current world. His use of other researchers' findings has strengthened his idea although his own findings would have been better.