

Cause and effect essay: waking up late

Business



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We've all done it. (We'd be lying if we said we hadn't). We wake up at 8: 42 a. m. after hitting the snooze button at least nine times and launch out of bed in a panic.

Work starts in 18 minutes. A shower is skipped and teeth are brushed with water and a finger. Breakfast consists of coffee and a donut from a drive-through franchise. The entire morning is a frantic rush and the day starts out on an awful note. So why does this happen? And what are the unpleasant results? Most of the time, sleeping in is caused by not going to bed early enough. People 'sacrifice their future selves' by staying up late watching movies, texting friends, playing video games or returning e-mails.

The human body needs sleep and, if it can't get it at night ... it'll try for it in the morning. The body also needs a consistent routine. People who get up at eleven a. m. on the weekend and then attempt to get up at seven a.

m. on Monday are in for a rough road. Another bad habit that causes people to wake up later than they want to includes not preparing properly for sleep. The body needs proper wind-down time so it can get ready for its rest period. This means no work, eating, or television five seconds before heading for bed. Sleeping in can have negative effects on the body.

A main consequence of waking up late is bad eating habits. People who are behind schedule tend to reach for high-calorie convenience food and, because their schedule is thrown off, eat when they're not even hungry. Other consequences of sleeping in include stress, weight gain, weight loss, voice problems, headaches, and body aches. The body needs rest and likes it to be consistent. There are some theories that say people without proper

sleep habits have a higher chance of developing cancer, diabetes, and hypertension. People who sleep in one day may struggle with getting to sleep the next night, and might resort to sleeping pills – a habit that might turn into an unbreakable cycle.

People who sleep in often find that their career is affected. After jerking out of bed and rushing to the office, a person might be distracted, frazzled, and unfocused. Being late will give an employee a bad reputation and might even lead to termination. Chances are, your appearance will be questionable too. Basically, you will be a dishevelled, distracted, tired employee who can't do their job properly.

So what's the solution? Setting a schedule for sleep and having a consistent routine will help the brain activate 'sleep' and 'wake' hormones at the appropriate times. Also, learning to relax before bed will make it easier to fall asleep in the first place. Turning off the television and exchanging that time for yoga, deep breathing, reading, or quiet time will go a long way towards a better sleep routine.