

Sleeping

3or4 Key words

Introduction

How many hours sleep is the right amount of sleep? Q2?

Body paragraph

Research the internet about the question 1 and reply, then reply to number 2question

- FOI research the internet / text / articles ...
- Copy & Past your website URL

The 'National Sleep Foundation' recommends that adults should sleep between seven to nine hours a night[1]. (79words) If you use the information from the same site again then use the reference [1]. When you select information from another website, continue the numbering of reference [2].

Summary

I was interested that the average hours for adults is between seven to nine hours, because I sleep less every night. I think that everyone should sleep what they think is a good amount of sleep.

URL

[1]

https://www.google.com/search?q=how+many+hours+should+we+sleep%3F&rlz=1C1GCEU_jaJP967JP967&oq=how+many+hours+should+we+sleep%3F&aqs=chrome..69i57j0i19i9.7373j1j15&sourceid=chrome&ie=UTF-8

[2]

https://www.google.com/search?q=how+many+hours+should+we+sleep%3F&rlz=1C1GCEU_jaJP967JP967&oq=how+many+hours+should+we+sleep%3F&aqs=chrome..69i57j0i19i9.7373j1j15&sourceid=chrome&ie=UTF-8