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LESSON PLAN: WRITING THE INTRODUCTION OF A REPORT 8

Suggested Answer

A Report on the Sleeping Habits of Young Singaporeans

1. Introduction

1.1 Purpose

The purpose of this report is to investigate reasons behind young Singaporeans' habit of sleeping late. The report will also make recommendations on how to get teenagers to sleep earlier.

1.2 Background

An article in *The Straits Times* (Date: 15, 2007) by Jessica Jagannathan claimed that Singaporeans are sleeping less and this may have detrimental effects on a person's mental and physical health. The Health Promotion Board is concerned about the late-night sleeping habits of young Singaporeans.

The report has been commissioned by Dr John Cheng, the Director of Youth Health Division, Health Promotion Board.

1.3 Methods of investigation

Questionnaires were issued to 1000 school-going youth. References were also made to newspaper articles and various health journals.

1.4 Scope

Apart from respondents' profile, the report looks into three possible reasons for young Singaporeans' late-night sleeping habit: sleeping habits, nocturnal activities, and an awareness of the consequences of late-night sleeping.

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