

C2 Mark Schemes – *Sleepless Nights*

Award one mark for each correct response in (a), (b) and (c).

- 1.1 a) How many dreams are people having per night? [1]
 • Up to 6
- b) What can a good night's sleep do? [1]
 • Help boost the immune system
- c) When do we sleep best? [1]
 • When we feel safe

- 1.2 How does the writer show the importance of sleep? [10]

Some points that candidates may explore:

- He begins with a direct address to the reader 'Are you struggling to sleep?' – language choice 'struggling' – suggesting sleep is something people are desperate to achieve
- 'an impossible task' – sometimes people can't fall asleep – difficult to achieve
- 'when they do eventually nod off,' – language choices 'eventually' – showing it is now a lengthy process
- Dreams disturb sleep – 'strange dreams' – 'more intense and emotional'
- 'people are dreaming more' – up to 6 – high number – 'interrupt' sleep
- Sleep is important for our health 'sleep boosts the immune system'
- Direct quotation and clear statement from expert 'Sleep is your life support system' – we need sleep
- What lack of sleep can do – detrimental to health 'physical and mental health' – expert opinion
- Worry can disturb sleep - 'Our sleep naturally gets lighter when we're anxious'.
- Evolution – when we are afraid we get ready to run – we stop sleeping if we feel under threat.
- Work on our own response - 'convince our brains that we are safe'
- Dr Ramlakhan's advice – stop watching the news
- Bad news causes stress
- Stress caused by social media
- Clear statement at the end of what to do to improve sleep

Overview

- Expert opinions on stress leading to lack of sleep
- Offers solutions
- Direct quotations – to show how the body reacts to stress
- Tone – concern about the recent situation and the need to destress in order to be able to sleep.

To answer the following questions, you must read the extract 'Living with a Nervous condition' from Blackwood's Edinburgh Magazine published in 1869.

Award one mark for each correct response in (a), (b) and (c):

- 1.4 a) What does the writer say most of us have experienced? [1]
 • feelings of a lack of wellbeing (1) or a sense of things going all wrong (1) or concern about other people

b) What does he suggest may have prompted these sleepless nights? [1]

- our diet or a lack of exercise

c) What medicine might a doctor give for these sleep problems? [1]

- opium or hemlock

1.4 “In this extract, time spent awake at night is presented as unpleasant and damaging” How far do you agree with this statement? [10]

Some points that candidates may explore:

- In the opening ‘a load on one’s mind’ – trouble/heavy
- ‘Lack of wellbeing’ - feeling unwell/disturbed
- ‘sense of all things going wrong’ - anxiety
- ‘the horrors of waking in the night’ - feelings of alarm, panic, being afraid
- Idea of a build-up of things ‘First one thing, then a second’
- Language choice ‘anxiety’, ‘despair’, ‘agitated’, ‘unreasonable moments’
- Unpleasant imagery ‘molehills swell into mountains’ – the idea of them growing and becoming out of control
- It becomes painful ‘we torture ourselves’
- It can’t be stopped – out of our control ‘cannot throw off the worries of the night’
- Our minds make small mistakes into real worries they ‘sometimes we overthink’
- Described as a troubled time they are ‘victims’ and become ‘depressed’
- Clear statement that ‘these people suffer in both mind and body’
- ‘alarm at the slightest noise’ - they become nervous and easily frightened
- Others should not be told about it - ‘it must be hidden away in the light of day’

Overview

- List of the things that disturb sleep
- Tone – feelings of growing anxiety of self-torment
- Language choices: anxiety, despair, torment, fear.
- Contrast with night and day – the daylight getting rid of the anxiety

To answer the following questions, you must use both texts.

1.5 Using information from both texts, explain briefly in your own words, the causes of people being unable to sleep. [4]

Some points that candidates may explore:

The Edinburgh Magazine article

- Worry
- Lack of well being
- Sense of things going wrong
- Concern about other people
- Build-up of things – first one then another
- Tiny annoyances that grow/Worry about small things that went wrong
- Overthinking

The newspaper article ‘Are You Struggling to Sleep?’

- Stresses caused by the pandemic
- Financial worries
- Health worries

- Intense, emotional dreams
- Using technology before bed

1.5 Both of these texts are about being unable to sleep at night and having sleep problems. [10]

Some points that candidates may explore:

What both writers say about the reasons behind people being unable to sleep:

The Edinburgh Magazine article

- The mind focuses on your worries, 'load on your mind'
- Feeling ill 'lack of wellbeing'
- Feeling that everything is building up and 'things all going wrong'
- Worrying about others 'concerns about other people'
- A build-up of things 'First one thing, then a second thing plays on an anxious mind'
- Worries grow until you become desperate, 'annoyances from the day grow into feelings of despair'
- Imagery to show how our emotions escalate 'molehills swell into mountains'
- Obsession with small mistakes, they 'take over our thoughts and we torture ourselves about our actions'
- The body 'fidgets' and is 'agitated'
- Language choices to show active mind 'worry' 'anxieties', 'recall', 'unreasonable moments'
- The worries aren't real 'make-believe night worries'
- Build-up of tiredness causes depression 'become depressed, victims of their own concerns'
- They suffer physically and mentally 'both in the mind and body'
- They become weak and nervous 'physical weakness, and alarm at the slightest noise'

The newspaper article 'Are You Struggling to Sleep?'

- Writer lists peoples' worries that are stopping them sleeping 'financial', 'health'
- Imagery - 'cabin fever' - having to stay at home more is leading to a lack of sleep
- Sleep is disturbed by dreams - 'to have more intense and emotional dreams.'
- Number of dreams increasing so sleep is more disturbed
- A human response to the situation 'our brains sense a threat to survival' - stops sleep.
- A lack of sleep is leading to health issues 'detrimental impact on both physical and mental health,'
- Sleep is needed to improve our health 'Sleep is your life support system' so deprivation leads to bad health
- The uncertainty of the pandemic is causing lack of sleep – expert opinion – 'disruption to your slumber is completely normal during times of uncertainty'
- Watching the news, social media and discussing the pandemic with friends adds to stress and causes sleep problems
- Technology before bed causes an inability to sleep – expert opinion 'importance of stopping using electronic equipment before bed'

How the writers show the effect of being unable to sleep

The Edinburgh Magazine article

- Tone of panic and despair in the night
- Descriptions of how the mind works at night
- Imagery to show how stress grows/ metaphor
- Focus on the mind
- Language choices to show how the mind works 'worry' 'anxieties', 'recalls', 'unreasonable moments'

The newspaper article 'Are You Struggling to Sleep?'

- Tone: factual – reasoned argument
- Imagery – metaphor to show impact of being trapped at home
- Scientific facts to support argument
- Expert opinion - direct quotes