



## Tone Practice Exercises

### Exercise 1: Identify the Tone

Read each sentence and identify the dominant tone.

1. 'The results indicate a consistent decline in attention among sleep-deprived participants.'
2. 'Sure, staying up all night will *definitely* make tomorrow easier.'
3. 'If we adjust our routines together, we can make sustainable improvements.'
4. 'Another short night of sleep, and the day already feels heavier than it should.'
5. 'Improving sleep by even thirty minutes can lead to better focus and energy.'

### Exercise 2: Compare and Label

Each pair expresses the same idea with a different tone. Identify the tone of **each sentence**.

- A. 'Sleep deprivation negatively affects cognitive performance.'
- B. 'Skipping sleep keeps sabotaging your focus, whether you notice it or not.'
- C. 'What happens when sleep finally becomes non-negotiable?'
- D. 'Sleep should be treated as a priority to maintain performance.'

### Exercise 3: Revise for Tone

Rewrite each sentence to match the tone listed.

1. Rewrite in a **formal** tone:  
'Not sleeping enough makes everything harder the next day.'
2. Rewrite in a **humorous** tone:  
'Lack of sleep reduces concentration.'
3. Rewrite in an **assertive** tone:  
'Better sleep habits might help improve focus.'

## Answer Key

### Exercise 1 Answers

1. Objective / Formal
2. Sarcastic / Ironic



3. Cooperative / Collaborative
4. Sad
5. Optimistic / Encouraging

### **Exercise 2 Answers**

- A. Objective / Formal
- B. Candid / Direct
- C. Curious / Inquisitive
- D. Serious / Authoritative

### **Exercise 3 Sample Answers**

- 1. Formal:** 'Insufficient sleep significantly impairs next-day functioning.'
- 2. Humorous:** 'Skip sleep, and your brain starts acting like it forgot the manual.'
- 3. Assertive:** 'Improving sleep habits is necessary for sustained focus.'