

# Concluding Sentences



A concluding sentence brings an entire paragraph to a close. It tells the reader your final thoughts on the topic and sums up your key points. A concluding sentence does not

introduce new information. Rather, it should restate the topic sentence and pull together only information which has been previously presented.

Write a concluding sentences for the following paragraph.

Having a regular daily routine for sleeping, eating, and working is good for your health. A regular sleep schedule makes it more likely you will get enough rest, and better sleep leads to mental alertness, emotional well-being, and energy during the day. People who have an established daily routine have stronger immune systems and get sick less frequently than people who do not have regular routines. People who have regular routines for eating and sleeping are also less likely to suffer from mental and emotional disturbances such as depression.

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