

Dear John,

Thank you for your email. I understand why you are so worried about your brother David. I am afraid that David's main problem is lack of self-discipline. This is a common problem among teenagers certainly. I understand your feelings and sympathize with them. I can offer you some solutions to help your brother.

Related to David's late sleep problem, I suggest you can control his phone usage, so that he will spend less time on phone chatting to his friends. If you want David to sleep early, you can make a time table to limit him that he must sleep at 10 pm. I think these suggestions may help your brother.

You mentioned that David always eats junk food and has no exercise. I advise you to eat the healthy food with him. Don't give him chance to try eating junk food, and he should exercise regularly. Tell him when he eats excessive amounts of junk food and has no exercise, he will get diabetes and chronic disease. I think these advices may develop a good living habit for him.

Related to David's bad academic result and sleep in class problem, I think he can sleep early, so he will not sleep in class. As a result, he can pay attention at the lesson so that he will get a good academic result. I hope this suggestion can help your brother to solve the bad academic result and sleeping in class problem.

I heard you said that your brother refused to talk to you. I recommend you to use Whatsapp to talk with your brother. It is because when you talk to him directly, he will feel embarrassed, so he refused to talk to you. But if you use Whatsapp indirectly to talk to him, he will not feel embarrassed and he will accept your advice and suggestion. I think the recommendation can help you.

If you want to discuss any of these issues further, don't hesitate to call me and you can drop me a few lines when you have time and I hope my advice can help you.

Yours,  
Robert