

Insomnia informative speech

[Health & Medicine](#), [Disease](#)



Informative Speech - Insomnia Imagine the night before you are having an important job interview or you are due to give a big presentation. You make sure to be in bed early as you want to feel rested, be alert and look good the next day... but, to your disappointment, you cannot fall asleep. You toss and turn for an hour, finally you get up to walk around, drink something... by then you are so worked up about not being able to sleep that your sleep is delayed even more. Or for many of us it would be more accurate not to imagine but remember! Insomnia.

The very word can make you fidgety. You may feel better knowing that 30% of the population suffers from insomnia. A national sleep poll shows that 60% of people have driven while sleepy and 35% admit to having fallen asleep at the wheel in the past year. Statistics also show that US industry loses about \$150 billion each year because of sleep deprived workers. So the next time you lay awake in bed at 2 AM, certain that you are the only person in the world who isn't sound asleep, you now know that you've got plenty of company. What IS insomnia?

Insomnia is the failure to get enough sleep to feel rested and refreshed. It could be caused by something as simple as drinking too much caffeine during the day or being anxious about many responsibilities. In some cases it could be a more complex medical condition. Let's talk about the symptoms *

- Difficulty falling asleep despite being tired
- * Waking up frequently during the night
- * Waking up too early in the morning
- * Difficulty concentrating during the day

The good news is that you could cure most cases on your own, by making simple changes.

So here's what you gotta do: We've all heard of counting sheep... but really, has that worked for anyone or just kept them up longer? Adults, like children need a routine to help them sleep. Don't collapse in bed after spending an hour on the computer, even if you are exhausted. Instead, take a warm bath, keep the lights low, use bath soaps and oils, I brought my favorite bath amenities by ME! bath (Show bath soaps) After your bath make sure you are putting on clean pajamas, and if necessary put on fresh linen.

Get into bed and practice some deep breathing. Breathe in through your nose and out through your mouth. Make sure your bedroom is quiet, dark, and cool. Read a few chapters of your favorite book and finally close your eyelids... just please don't fall asleep until I'm done my speech. Some more tips on getting a good night's sleep: Stick to the same sleep schedule every day. Studies show that people who sleep in on weekends disturb their biological clock, thereby causing insomnia. Avoid stressful situations before bedtime.

Having an argument right before you go to bed will not result in restful sleep. Stop drinking caffeinated drinks a good few hours before bed. Your daily Starbucks habit may be affecting your sleep more than you realize. Just like you prepare your body for sleep, you must prepare your brain as well. Our brains produce a hormone, melatonin that helps regulate the sleep-wake cycle. Light affects how much melatonin your body produces, not enough natural light during the day can make your brain feel sleepy.... o make sure to spend enough time outdoors every day. And most importantly, don't underestimate the affect your thinking will have. Don't let sleep - or the lack of it - invade your thoughts. You may dread going to sleep because you know

that you're going to toss and turn for hours. However, agonizing how tired you are will flood your body with adrenaline, and before you know it, you're wide-awake. So... Relax... take a deep breath.... and have a good night's sleep!