

Formal informative outline of sleeping deprivation

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



Formal Informative Outline Sleeping Deprivation General Purpose: To inform.

Specific purpose: Sleep is a precious gift that allows people to rest. Not getting enough rest on a constant basis can lead to greater problems, even death

Organizational Pattern: Introduction I. Blame It On the Light Bulb.

College students and individuals around the world are suffering from

a health problem that can be more detrimental to their health than some

forms of cancer. What is it? Sleep Deprivation II. People are losing sleep

daily, in such a fashion that most have trouble staying awake during work, driving, or even in class.

III. I have learned a lot about sleeping disorders during the past three years

being in college, and I did additional research for this speech. IV. Sleep

deprivation is a serious medical situation that can harm your everyday life.

Sleep disorders are a highly common medical issue that affects millions of

Americans each year. Without adequate rest, the brain's ability to function

quickly deteriorates. Today I'm going to explain what sleep deprivation is,

causes for the problem, how to remedy the problem, and how to test

yourself to see if you suffer from sleep deprivation. Transition: let's start with

the nature of sleeping disorders. I will start with the definition of what a

sleeping deprivation is) Body I. What is Sleep Deprivation? A. Sleep

Deprivation (CancerWEB's Online Medical Dictionary) – the condition of being

deprived of sleep either under experiment or under real life conditions, as

distinguished from being unable to sleep. Sleep Deprivation can even effect

acne development, and cause bad hair days. B. The Cold was thought to be

one of the greatest afflictions among Americans, when it is actually

drowsiness. (Stedman, "Tired of being, Tired") a. 0 percent of American

adults admit that their work suffers when they are sleepy. b. Even more so, College students suffer more than anyone with odd hours and periodic naps during the day. (Transition) Summary (In essence, Sleep deprivation is the simple lack of the required amount of sleep in order to function fully the following day.)(This lack has to be caused by something, but what?) II. What aids in the accumulation of Sleep debt (Sleep Deprivation). (Good Housekeeping) A. Sleep Life is a factor 1. Disrupting associations with the bed and bedroom, diet troubles, and mental state all effect the ability to sleep a.

Regular activities in the same room as you sleep in can disrupt and disturb sleeping patters such as working in the room, watching television, even sex. b. Remedies: Before bed take a hot bath (temperature change causes drowsiness), eat light dinners and have snacks at least every three hours for maximum energy and minimum fatigue, Drink plenty of H2O. Mental state is another factor, extreme boredom, and extremestresscan both prevent sleep as well as promote it. B. Natural Remedies (Starbuck) 1. Chamomile-Provides soothing comfort from the aromatic smell, allows peace before falling asleep.

When ingested in a caplet form it is a type of painkiller as well as sleep-inducers. 2. Hops-Yes, what they use to make beer. A mild sedative is used to treat insomnia in its herbal form. Like beer, it can have slightdepressioninducing effects. (Transition) Summary: (Sleep deprivation is obviously a complicated thing, with an even more complicated solution.) (Transition)(How can you tell if you have sleep deprivation or a sleep debt.)

III. If you are not getting enough sleep, it can lead to health problems. A. A Simple test can evaluate sleep deprivation (Test passed out, evaluate

yourself afterwards. B. Health Problems resulting from sleep deprivation include 1. Decreased Immune System activity 2. Development of Chronic Fatigue Syndrome 3. May be the start or result of a sleep disorder: i. Sleep Apnea-(Snoring and stopping of breathing during sleep) ii. Insomnia 4. Could be a sign of depression. C. Sleep Deprivation is one of the main causes for deaths of those who fall asleep at the wheel of a moving vehicle as well as those who slowly drift to sleep during a lecture in class. (Transition) (Sleep Deprivation is a compound entity with ties to many other forms of problems with one's health. Conclusion I. Sleep Deprivation is condition that effects how well someone functions during the day, and can be caused by numerous ways. A self-test was administered so that everyone can evaluate how well one is sleeping, if you are having difficulty sleeping, evaluate your patterns to find a solution. II. (Last thought) if you find yourself falling asleep during class, at the wheel, or unable to concentrate during the day, try to get more sleep; it just might save your life. Bibliography Books (Find 2 Book References) Articles Fahey, Valerie. How Sleep Deprived Are You? " Health. September 93, Vol. 7. Newman, Judith. " Yes, It's Sleep. " Health. March 2000. Vol 14 Issue 2. p 112. Starbuck, J. Jamison. " And, Now I Lay Me Down To Sleep. " Better Nutrition. Oct 98. Vol 60 Issue 10. p 52. Stedman, Nancy. " Tired of Being Tired? " Good Housekeeping. Aug 2000. Vol 231 Issue 2. p 74. Internet Sources (Find 1 more Internet Source) On-line Medical Dictionary. AcademicMedical Publishing ; CancerWEB. " Sleep Deprevtation" 23 Sep. 2012. ; AHREF= <http://www.graylab.ac.uk/omd/index.html>; 1997-98.