

Insomnia: sleep and audience expectation information



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Topic: Insomnia Purpose: To inform my audience about an object Specific purpose: To inform my audience how insomnia can affect people throughout their everyday activities. Thesis: Insomnia is the inability to obtain an adequate amount or quality of sleep at night. Introduction: I. Attention: Did everybody get 8 hours of sleep last night? I know I didn't. II. Reveal & relate topic: Insomnia is a serious medical situation that can harm your health and your everyday life. Today I'm going to explain what insomnia is, its cause, and how to treat yourself if you have it. III. Credibility: Sleep is essential for mental and physical restoration. I prefer insomnia to anesthesia. (Insomnia quotes by Antonio Tabucchi IV. Preview: Insomnia is the inability to obtain an adequate amount or quality of sleep at night. The insomnia difficulty can be in falling asleep, remaining asleep, or both. Body: I. Main point 1. According to the working group on Insomnia 5 out of 10 Americans has some type of insomnia. A. Transient insomnia may last for up to a week and may be caused due to changes from normal routine or environment. Alcohol, bed discomfort, nicotine can also be a cause of a transient insomnia. B. Acute insomnia is characterized by lack of sleep for less than a month may be caused by stress, temperature, excessive light and noise, anxiety, allergies, diabetes. C. Chronic insomnia is the worst type of insomnia which can last for more than a month. It can be caused by a medical problem like acid reflux, depression, chronic pain. (Transition) Furthermore, insomnia can cause both physiological and medical consequences to the body. II. Main point 2. According to a study published in the January 2010 issue of Science Translational Medicine, if you are constantly losing sleep, you develop a sleep debt that cannot catch even if you sleep 10 hours. Here is what insomnia can do to the body. A. Insomnia can cause daytime sleepiness and <https://assignbuster.com/insomnia-sleep-and-audience-expectation-information/>

fatigue that decrease concentration, reduce quality of life, and higher health care cost. B. Insomnia that lasts more than three weeks can increase the risk for injuries at home, in the workplace, or while driving. Chronic insomnia can result in lack of energy, mood change, headache, and poor attention and memory C. Insomnia can also cause these medical consequences to the body. Some examples are: depression, fatigue both physical and mental, double vision, hallucinations. (Transition) And last, the treatment of insomnia depends mainly on the cause of the problem. III. Main point 3. The treatment of insomnia can be divided into medical therapy and non-medical therapy. A. If your insomnia is related to medical approach, seek medical attention. Avoid sleeping pills, Tylenol PM, and antihistamine they are not a cure to insomnia. They are temporary form of relief. According to cognitive behavioral therapy B. If your insomnia is related to a non-medical approach and you can determine the cause of it, then removing the cause will be the cure of it. This strategy can be done at home in addition with other technique like Stimulus control, and relaxation to resolve stress, and sleep hygiene. a. Using stimulus control by developing a bed time routine. Go to bed and wake up at the same time every day. After 30 minutes if you are sleep go to another room and sit for 20 minutes before going back to bed. b. Using sleep hygiene by avoiding the use of alcohol, caffeine, and tobacco in the afternoon. Use your bed only to sleep. Do not use your bed to talk on the phone and watch TV. (Transition) Therefore, these are the things that you can do on your own to treat insomnia. Conclusion: In conclusion, insomnia can make. With insomnia, your daily living would be difficult without the ability to sleep and rest properly. Simple tasks would become difficult because insomnia leaves a person tired and unable to focus and

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concentrate. I. Summary: Insomnia is condition that effects how well someone functions during the day, and can be caused by numerous ways. If you are having difficulty sleeping, evaluate your patterns to find a solution. Be aware that not let insomnia take over your health. Evaluate the different solutions to find out what works best for each you, and the results from people to people. II. Closing: Starting today, treat your insomnia because not getting enough sleep at night can lead to long-term health problems.

References: Nabili, Siamak T. MD, MPH. " Insomnia. " MedecineNet, Inc. Ed. Melissa Conrad Stoppler, MD. 1996. MedecineNet 26 Feb. 2012 Starbuck, J. Jamison. " And, Now I Lay Me Down To Sleep. " Better Nutrition. Oct 98. Vol 60 Issue 10. p 52 Insomnia Solution. 2009. "Natural Way to Cure Insomnia. " 4th Apr. 2009 National Heart, Lung and Blood Institute " Working Group on Insomnia. " Insomnia: assessment and management in primary care. Am Fam Physician 1999; 59: 3029—3038. Summers Mo, et al. " Recent Developments in the Classification. " Evaluation & Treatment of Insomnia. Chest, 2006: 130: 276-86 Audience analysis information: In the space below discuss how you have tailored your speech for this particular audience and situation. Include specific demographic, environmental and audience expectation information you considered important to this speech. I My audience includes...My audience has male and female between the age of 18 to 27 years old with different background, ethnicity, and religion. My speech will reach the audience to inform them about what insomnia is, the type, the causes, their effects to the body, and how to treat it. My environment involves...I will adjust my speech to the knowledge of my audience knowledge about the subject. Audience expectations for this speech include ...My audience think it will be a very interesting speech that they will be able <https://assignbuster.com/insomnia-sleep-and-audience-expectation-information/>

to learn about insomnia. They think it will be an interesting subject. Choices I've made include...Since my audience didn't know much about insomnia, I decided to make my speech a little more detailed. Peer comments: Some instructors will ask for classmates to review outlines. If you have been invited to offer feedback to a classmate, include your comments in the space below. Keep in mind that constructive feedback is best when it is descriptive, specific, problem-focused, balanced and caring.