

# Speech to inform – sleep deprivation essay sample



Specific purpose: I want my audience to know the harms of sleep deprivation so it may make them more conscious about their sleeping habits.

Thesis: Sleep deprivation has many negative effects that cause harm to college students and everyone should know how to fight sleep deprivation

## Introduction

How many of you consider your alarm clock one of your worst enemies?

Imagine your alarm clock just rang, and it is time for school. How many of you are still tired? As stated on the Sleep Deprivation website by the National Sleep Foundation in 2005, 74% of adults do not obtain enough sleep.

And as a typical college student, I have experienced a lack of sleep time and time again. Sleep deprivation is a serious problem, especially for students. Though it is often overlooked, the causes and effects of sleep deprivation highly impair one's ability to perform.

Thesis: Sleep deprivation has many negative effects that cause harm to college students and everyone should know how to fight sleep deprivation

Preview: Today, I will inform you on the background of sleep deprivation, the causes and effects of college students not getting enough sleep, and how to prevent it.

## Body

I. The effects of sleep deprivation take a heavy toll on one's body.

The Journal of American College Health reported that students who don't get enough sleep each night experience negative effects on academic performance, including exams. Other researchers who have studied the subject of sleep among students say that pulling all-night study sessions can affect students' GPA (Central Michigan University, 2008)

B. It can have a tremendous mental effect, causing problems with brain functions.

1. Memory loss.
2. Decreased ability to concentrate.
3. Decline in mental reaction time and decision-making ability. a. There are also emotional effects.
4. Wild mood swings.
5. Sleep deprivation leads to depression says Howard Markel from The New York Times.
6. Anxiety.
7. Road rage and anger are easily triggered.
8. The physical effects can also be debilitating.
  - a. Exhaustion & fatigue.
  - b. A lower metabolism leading to obesity, especially in women over 30.

Transition: Not only is sleep deprivation detrimental to your health but its effects can be seen on the grades of students

## II. The effect on grades

American Academy of Sleep Medicine says:

Sleepiness and poor sleep quality are prevalent among university students, affecting their academic performance and daytime functioning.

Students with symptoms of sleep disorders are more likely to receive poor grades in classes such as math, reading and writing than peers without symptoms of sleep disorders.

College students with insomnia have significantly more mental health problems than college students without insomnia.

College students with medical-related majors are more likely to have poorer quality of sleep in comparison to those with a humanities major.

College students who pull “all-nighters” are more likely to have a lower GPA.

Students who stay up late on school nights and make up for it by sleeping late on weekends are more likely to perform poorly in the classroom. This is because, on weekends, they are waking up at a time that is later than their internal body clock expects. The fact that their clock must get used to a new routine may affect their ability to be awake early for school at the beginning of the week when they revert back to their old routine.

Transition: The effects of sleep deprivation are substantial, which is why one should seek treatment.

### III. Sleep deprivation is not a helpless matter

A. Sleep doctors and sleep experts at American Academy of Sleep Medicine and the National Sleep Foundation recommend a variety of measures to help adults and children achieve adequate sleep. In general, all of these approaches are intended to help with relaxation as the desired sleep time approaches, to maintain a comfortable sleep environment, and to encourage a healthful balance of nutrition and exercise.

#### B. Lifestyle changes can decrease the effects of sleep deprivation.

1. Having a regular sleep schedule each night and getting at least 8 hours of sleep are a must.

2. Avoiding night-time conflicts can help.

3. Avoiding certain substances late at night

a. caffeine.

b. sugar.

c. certain medications.

4. Developing good habits is absolutely necessary.

a. Regular exercise well before bed time.

b. Relaxing before bed

c. decaffeinated herbal tea.

d. reading.

e. listening to slow and soothing music.

f. taking a warm bath.

Transition Sentence – Restful sleep and college life can coexist if students remember that:

### Conclusion

Sleep deprivation is not only dangerous to the sleep deprived but also to the general public. A Not getting enough sleep is associated with impaired attention, school performance, some very serious health problems such as and can also lead to driving accidents as people fall asleep behind the wheel of their cars. Students who are looking for a good night sleep should remember what the experts say and ;

### Works Cited

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