

Informative speech insomnia

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Speech period 5 September 28th, 2012 Insomnia Relief Leonardo da Vinci once said, " A well-spent day brings happy sleep. "...but what if you have insomnia, or in other terms, you just can't sleep? People are losing sleep daily, in such a fashion that most trouble staying awake during school, work, or even driving. I'm certain somebody in this audience has had or is going through insomnia right now, because according to MedPageToday. com, 25% of teens suffer from Insomnia every night. So look around at your peers, 5 students are sleep deprived. There are plenty of methods to help relieve insomnia though. I'm going to tell you three ways to help put your insomnia to rest. One of the ways to relieve insomnia is to reduce your stress. According to this bar graph, 50% of the people have insomnia because of anxiety and depression. School can play a big factor in causing stress on students. Getting a lot of homework dumped on you, having a big test approaching, or even grading papers for your students can cause an enormous amount of stress. We have all gone through this. To reduce stress, don't procrastinate. Holding something off to the last day will certainly increase stress. Limit your homework hours and carefully plan out when you will actually do it. With less stress, you can have a clear mind before going to bed. Another way to help your insomnia is to stop taking naps. According to Nccam. gov, you should avoid napping during the day. Not only does it reduce your chances of sleeping a full night, it can cause bad sleeping habits. To be honest, I believe napping after school is the best, but you have to resist the urge! If you're tired during the day, skip the nap, so you'll be tired enough to fall asleep peacefully. The third way is to create an environment suitable for sleeping. This means to reduce sounds, turning off

all distracting lights, and making sure the temperature in your bedroom is perfect enough so you're not too hot or too cold. Keeping a TV on can keep you awake because of the sound and the brightness, so make sure you turn off your TV before going to bed. To conclude, insomnia is common and treatable! If you suffer from this sleeping disorder, do what I said and reduce your stress, stop taking naps during the day, and create a suitable sleeping environment. According to EHealthMD. com, only 5% of those who have insomnia actually go to a doctor for advice because they don't think their problem is treatable. When I had insomnia during the summer, I didn't realize I had a problem, until school came around. I just couldn't go to bed early enough to get my full 8 hours of sleep. I researched about this topic and found ways to treat insomnia. So if you're having problems falling asleep at night, just follow my methods to help relieve your sleep deprivation. Send your insomnia to sleep.