Emmanuel Cardenas

Importance of Sleep

Heading

Topic: Sleep

General Purpose: To inform

Specific Purpose: To inform about the importance of sleep.

1. Introduction
2. Attention-getter: 17-year-old Randy Gardner set and all-time world record, by staying awake for 264 hours, 11 days. (scientific American 2002)
3. Preview: How much sleep a person really needs, why we need sleep.

[Transition: So before you go to bed tonight this thought my come to mind tonight about what time you want to fall asleep at and awake up at.]

II. Body

A. So how much sleep do we really need.

1. Sleep requirements vary by individuals’ adults need 7 to 8 hours while adolescence need 10 hrs. (sleepfoundation.org 2017)

2. There are few sleep-inducing chemicals that play a role in putting us to sleep.

3.The rise and sleep induce chemicals such as acetylcholine puts a person into a light sleep relaxing our muscles.

[Transition: You may be thinking why we need sleep and so much of it.]

B. So why do we need sleep.

1.Sleeping comes with physical and mental benefits; it restores our muscles that we have by secreting our growth hormone.

2.Spending all day long takes up a lot of our mental energy when we sleep that is restored. (nbcnews.com 2013)

3.Constant sleep deprivation will greatly affect your ability to retain information which will impact your daily life.(Liz Miller bethel health services, director)

[Transition: Secondly it also weakens your immune system.]

C. Causes you to get sick.

1.Lack of sleep will increase type 2 diabetes and raise blood pressure.

2.Not getting enough sleep can impair your brain activity by blocking neuron production which increases stress levels.

[Transition: Know that you are more awake when it comes to sleeping you.]

1. Conclusion
2. Review: I have gone over how much sleep is need ed and why sleep is important.
3. Memorable Statement: getting a good amount of rest is the right thing to do in order to be successful as a college student and just remember save yourself and get some sleep.