The lists:

The bullet list:

* List item 1
  + Sub list item 1 a
  + Sub list item 1 b
* List item 2
  + Sub list item 2 a
* List item 3
* List item 4
  + Sub list item 4 a
* List item 5

The decimal list:

1. List item 1
   1. Sub list item 1 a
   2. Sub list item 1 b
2. List item 2
   1. Sub list item 2 a
3. List item 3
4. List item 4
   1. Sub list item 4 a
5. List item 5

Paragraph after the lists.