**APA 7th edition**

This example follows **APA 7th edition** heading guidelines with a **main topic** and descending heading levels from 1 to 5:

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| --- | --- | --- | --- |
| **APA Level** | **APA Style Description** | **Word Style You Should Use** | **Formatting You Must Apply** |
| Level 1 | Centered, **Bold**, Title Case | **Title** or **Heading 1** | Center-align it manually, make bold |
| Level 2 | Left-aligned, **Bold**, Title Case | **Heading 2** | Bold only, left-aligned |
| Level 3 | Left-aligned, **Bold Italic**, Title Case | **Heading 3** | Bold + Italic, left-aligned |
| Level 4 | Indented, **Bold**, Title Case, ends with a period. | **Normal + Manual formatting** | Use Tab or indent, bold, add period, continue text |
| Level 5 | Indented, **Bold Italic**, Title Case, ends with a period. | **Normal + Manual formatting** | Use Tab or indent, bold + italic, add period, continue text |

**The Effects of Sleep Deprivation on Cognitive Performance**

(APA Level 1 – Centered, Bold, Title Case) [Title or heading 1]

## Memory Impairment Due to Sleep Loss

(APA Level 2 – Left-aligned, Bold, Title Case) [heading 2]

Sleep deprivation has been shown to negatively affect short-term and working memory. Participants deprived of sleep for more than 24 hours performed significantly worse on memory recall tasks.

### ***Short-Term Memory Performance in College Students***

*(APA Level 3 – Left-aligned, Bold Italic, Title Case) [heading 3]*

College students are among the most sleep-deprived groups. Studies indicate that even one night of restricted sleep can impair their ability to retain lecture material.

#### **Caffeine Use Among Sleep-Deprived Students.**

(APA Level 4 – Indented, Bold, Title Case, period at end. Text continues on same line) [heading 4]

Students often turn to caffeine to combat fatigue, but its effectiveness varies depending on the level of sleep deprivation.

##### ***Emotional Regulation After Prolonged Wakefulness.***

*(APA Level 5 – Indented, Bold Italic, Title Case, period at end. Text continues on same line) [heading 5]*

Emotional responses become exaggerated or blunted when individuals are sleep-deprived, affecting interpersonal communication and decision-making.