**Why we should get the proper amount of sleep?**

**Specific Purpose: To persuade my audience into getting the proper amount of sleep each and every night of the week.**

**Central Idea: Not getting the proper amount of sleep every night can become very detrimental to a person’s health, so by knowing the risks and consequences of not getting the proper amount of sleep, my hope is to persuade my audience into getting the proper amount of sleep every night of the week.**

1. **Introduction**
2. Attention Grabber- Very too often people are not getting enough sleep at night, which as researchers now know can lead to very serious health consequences such as obesity, heart related problems, and countless psychological issues such as mood swings, irritability, and depression just to name a few. By knowing all of these countless risk I would urge everyone to try their best to get the proper amount of sleep every night.
3. Thesis- My thesis is to persuade my audience into getting the proper amount of sleep each and every night of the week.
4. Preview- Today I am going to persuade my audience into getting the proper amount of sleep every night. First, I will establish the need for this topic; I plan to do this by showing my audience the risks of not getting the proper amount of sleep every night. Next, I will satisfy my audience by showing them the benefits of getting the proper amount of sleep every night. Next, I will visualize a plan for my audience to follow in order to maintain a proper sleeping routine. Lastly I will order a plan to action and urge my audience to follow the steps that I have provided in order to maintain a proper sleeping routine.
5. Relevance- I believe this is a very relevant topic, because in this fast pace society people are too often not getting enough sleep, causing irritability and mood swings.
6. Credibility- I believe that I am a credible source for this speech topic, because I too have been a victim of sleep deprivation.
7. **Sleep deprivation can lead to countless health issues (1st Main Point)**
   1. The psychological effects of sleep deprivation are:
8. According to Dr. Michael J. Breus who wrote the article *Sleep Habits: More Important Than You Think* in 2006, some of the psychological effects of sleep deprivation are: decreased performance and alertness, memory and cognitive impairment, depression, and mood swings
9. According to Dr. Michael J. Breus who wrote the article *Sleep Habits: More Important Than You Think* in 2006, sleep deprivation also leads to a higher risk of automobile and occupational injury, due to the lack of mental or psychological impairment.
   1. The physical effects of sleep deprivation are:
10. According to Dr. Michael J. Breus who wrote the article *Sleep Habits: More Important Than You Think* in 2006, some of the physical effects of sleep deprivation are: heart conditions such as heart attack and heart failure, obesity, and stroke.
11. In addition to the above stated physical effects of sleep deprivation, high blood pressure is also very often correlated to sleep deprivation. According to Dr. Sheldon G. Sheps who wrote the article *Is it true that sleep deprivation can cause high blood pressure?* In 2012, “It is thought and believed that sleeping less than six hours a night is linked to increased blood pressure issues.” Sleeping helps regulate the stress hormones and helps your nervous system remain healthy. Lack of proper amount of sleep can harness your body’s abilities to regulate stress hormones, often leads to high blood pressure.

**Transition: Now that I have discussed some of the countless side effects of sleep deprivation, I would now like to discuss some of the benefits of maintaining a proper sleeping routine.**

1. **The benefits of getting the proper amount of sleep (2nd Main Point)**
   1. According to the National Sleep Foundation, the average adult needs around 7-9 hours of sleep a night.
   2. Benefits of establishing a proper sleeping routine are:
2. According to Dr. Michael J. Breus who wrote that article *Sleep Habits: More Important Than You Think* in 2006, some of the benefits of a proper sleeping routine are increased alertness and performance in the work place and at home, lower risk of: heart conditions, stroke, obesity, and high blood pressure, and a higher quality of life.
3. In addition to the above benefits Dr. Michael J. Breus who wrote the article *Sleep Habits: More Important Than You Think* in 2006, also stated that another major benefit of maintaining a proper sleeping routine is lowered stress among the relationship with your spouse. A better sleeping routine equals less disruption among your spouse’s sleeping routine.

**Transition: Now that I have discussed the benefits of maintaining a proper sleeping routine, I would now like to discuss some tips that I believe can help you maintain a proper sleeping routine.**

1. **Tips that can help you maintain a proper sleeping routine (3rd Main Point)**
2. Getting in bed on time.
3. According to the National Sleep Foundation, you should set a bed time that allows you a minimum of 8 hours in bed, this allows for the time it takes you to fall to sleep. An example is if you have to be up at 7:00 A.M. the following morning in order to begin getting ready for work or school, then you would want to go to bed around 11:00 P.M. that night. This method should help you maintain the daily minimum of 7 hours of sleep a night.
4. If your spouse has a different time in the morning that they have to be awake at, then be considerate of their sleeping routine allowing for them to get the minimum of 7 hours of sleep a night.
5. Lights out means lights out now.
6. According to the article titled *Sleep tips: 7 steps to better sleep* posted on the mayo clinic website, you should make your bedroom as dark as possible, in order to fall asleep faster. You can do this, by shutting the door and turning off all the lights.
7. According to Randy Dotinga who wrote the article *Using Electronics Before Bedtime May Hamper Sleep* in 2011, it is recommended that you set an electronic curfew an hour before your bed time, meaning no TV, iPad, or cell phone. This is recommended, because it is believed that the bright lights that emit from electronic devices stimulate our brains from wanting to fall asleep.

**“in conclusion…”**

1. **Conclusion**
2. Restated Thesis- To persuade and convince my audience to get the proper amount of sleep every night of the week.
3. Review- Today we discussed the importance of maintaining a proper sleeping routine. We discussed the consequences and side effects of sleep deprivation, and the benefits of sleeping the proper amount of time. We also discussed some of the best tips to help you maintain a proper sleeping routine.
4. Summary Statement- After having suffered from sleep deprivation on and off throughout my whole life, I now wish to persuade my audience into practicing the tips that I have provided in order for them to maintain a proper sleeping routine.

**References**

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