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## Speech Outline

Title: Sleep

Name:

Topic: Why is sleep important

Purpose: To present the benefits of individuals having a quality sleep and the right duration in their bodies and brain and elevate their productivity.

### Introduction

- I. Attention getter: sleep plays a significant role in individuals' life because it enhances their mental health. Some may ask themselves what are the benefits of sleeping and how can lack of sleep affect them? Adults between 18-64 require 7-9 hours of sleep every night; however, 35.2 percent of adults in America sleep less than seven hours (CDC, 2017).
- II. Build Credibility: The information provided here is obtained from reputable and reliable sources such as the Northern Arizona University online library and the statistics obtained from the CDC website.
- III. Introduce Yourself: Since I was young, I have experienced individuals suffering from mental illnesses such as depression and other stress disorders because of sleep problems. This provided an interest in learning the importance of sleep. Through performing tremendous research, I learned the importance of sleep, which has worked in my life, and I am ready to present it to you.

Thesis Statement: Sleep is important to individuals because it aids in brain functioning by improving cognitive and emotional demands and increases their productivity, and reducing the risks of attaining chronic conditions and other diseases by enhancing the

immune system and encouraging them to do physical exercise; discouraging unhealthy behaviors.

## **Body**

### **I. Helps the brain function**

#### **A. Sleep enhances cognitive and emotional demands to individuals**

1. Proper sleep makes people more alert because they can easily learn, make decisions fast and solve problems, especially when at work that is demanding (CDC, 2018).
2. Sleep enhances how brain nerve cells communicate with each other. Loft & Cameron (2014) claimed that sleep performs the cleaning work by eliminating toxins in the brain that develop when awake.

#### **B. increases individuals' productivity**

1. Insufficient sleep makes individuals have impaired judgment resulting in solemn accidents at the workplace.
2. Work-related conflict may arise because of goals achievement. Loft & Cameron (2014) claimed that emotional needs and work-associated emotions indicate poor sleep behaviors and sleep quality.

Sleep is vital to brain operations because it improves cognitive demands on individuals by making them be alert and respond to problems easily. Proper sleep will make individuals make fast decisions hence improving their work productivity.

### **II. quality sleep decreases disease risks**

#### **A. Inadequate sleep can result in the development of several chronic illnesses and conditions**

1. Sleep deficiency can enhance danger by discouraging physical exercise, proper food selections, and other actions needed in inspiration and self-discipline (Loft & Cameron, 2014).
2. Insufficient sleep is associated with various chronic illnesses such as obesity, diabetes, and depression. CDC (2017) emphasized that sleep duration and quality are forecasters of hemoglobin A1c which is an essential marker of controlling blood sugar.

B. Lack of sleep has adverse impacts on the immune system

1. The immune system plays a vital role in the body by helping it fight against diseases and infection. CDC (2017) stated that individuals with low quality or insufficient sleep are likely to get sick when exposed to the virus.
2. Proper sleep allows the immune system to release cytokines proteins during sleep. This protein needs to be many when a person has inflammation or is under stress (CDC, 2018).

Quality sleep reduces the risks of getting diseases, especially chronic conditions such as depression and diabetes because it discourages physical activity and reduces the immune system.

**Conclusion**

- I. Sleep is essential to individuals because it helps enhance brain functioning by improving mental and emotional demands and increasing their work productivity since they can easily solve problems and make decisions fast.
- II. Quality sleep is beneficial in reducing the risks of disease and chronic conditions such as diabetes and depression and increases the body's immune system, which helps fight against illness and infections.

## **References**

CDC. (2017). Sleep and sleep disorders. *Centers for Disease Control and Prevention*.

[https://www.cdc.gov/sleep/data\\_statistics.html](https://www.cdc.gov/sleep/data_statistics.html)

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Loft, M., & Cameron, L. (2014). The importance of sleep: Relationships between sleep quality and work demands, the prioritization of sleep and pre-sleep arousal in day-time employees. *Work & Stress*, 28(3), 289-304.

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