

Topic: The importance of sleep

By

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Eng 237 Oral Communication

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**Topic:** importance of sleep

**Specific purpose:** inform and explain to the audience the importance of sleep

**Thesis:** sleeping is undoubtedly the most important activity for a good development of the human in the daily life.

### **Introduction**

**Attention Getter:** We all love to sleep, we all enjoy that incredible moment when night comes, that feeling of reaching the room and seeing how the bed speaks to you. And many will say, that is laziness, that is not productive, the less you sleep the better. Who has not heard that kind of comment? And who has not happened to listen to others as well as going to bed very late, not sleeping during the day if we feel very tired because that is wasting time. You feel without spirits, without energy during the day. Or do you have a hard time getting up in the morning or even having a hard time falling asleep at night? There are several reasons for the importance of sleep and a variety of positive impacts for humans

**Credibility material:** According to One Care Media Company, sleeping is a very important and necessary function for human beings. Since this makes the mind and body rest. This also helps to keep the body healthy avoiding diseases. And it confirms that not getting enough sleep negatively affects the mind.

**Thesis:** Getting enough sleep is of utmost importance for a good mental and corporal development of the human being.

**Preview statement:** First I will explain the benefits of sleeping, then I will explain the effects of not getting enough sleep and finally, I will mention the different ways to sleep well.

(**Transition:** Lets begin by looking to the benefits of sleep).

**Main Point 1:** Sleeping is an essential activity for human life. And we all know some of its benefits such as stress reduction, more energy during the day, a good sleeping during the night, among many other benefits. However, I want to explain other important benefits that many of you do not know about it or you know but you do not pay much attention to it. One of the positive impacts of a good night's sleep is that it strengthens the immune and cardiac systems, keeping immune cells ready and strong to fight diseases that are developing in the body. Another benefit that few know about and that I know many people will amaze is that it improves weight loss. Yes, as you hear it! But do not go to believe that for every hour of sleeping you will lose one kilogram. This is not how it works, my apologies if I have excited you. By sleeping, you will not lose kilograms but you will not gain them. This happens because the body develops certain chemicals that control your impulses to bad habits. Finally, sleeping well can prevent accidents especially when driving. Since the body rests when sleeping, improving reaction times, and

generating better concentration during the day. Remember, driving while sleepy is the same as driving while asleep.

(**Transition:** Next I will explain the effects of not sleep)

**Main Point 2:** Not getting enough sleep also has negative impacts on the functioning of the body, which inappropriately modifies the development of daily activities. Remember that it is advisable to sleep between 7 to 9 hours neither more nor less as it could cause problems such as memory. While the body sleeps, the mind creates connections that allow it to remember and store new information. Not getting enough sleep can affect short and long-term memory. Not sleeping can also cause changes in mood and temperament, leading the body to states of stress, anxiety, and depression. Another effect of not practicing this activity as it should is the loss of balance and coordination. This makes you more prone to falls and accidents. Finally, another and no less important effect is high blood pressure. People who usually sleep 5 hours or less at night are at risk of increased blood pressure. These and many more facts exist as a result of poor time management at bedtime.

(**Transition:** Finally, I will discuss the ways to improve bedtime)

**Main Point 3:** Many of us not to say we all have our peculiar way of sleeping, right? We like to sleep with two or three blankets, with one, two, or more pillows and others sleep without them. And possibly in a rather strange position that for each person it is quite pleasant. Additionally, we have daily habits that, although we do not realize it, affect bedtime. However, believe it or not, there are techniques and tips to make this activity the best and most efficient. The first mistake that I am sure we all make before going to sleep is being in contact with blue light. This is what I mean by the brightness of cell phones, computers, and other electronic

devices. Avoid contact with that light before sleeping as the blue light tricks the brain by telling it that it is not time to sleep yet. Another mistake some people make is drinking caffeine at night. Are you a coffee lover, for example? Well, take all the coffee you want during the day, but do not do it at night. And many of you will say to me, "coffee does not wake me up, it does not affect me", however it may not affect you immediately but it will affect you later. I do not want you to look at me badly or get angry with me but drinking alcohol affects a lot when it comes to bedtime. And do not take it wrong, I am not saying you are an alcoholic, no. What I mean are those glasses of wine, cocktails, or small cravings that occur at night. Do not do it, do you want to sleep well? avoid it. Other ways to sleep well, such as controlling the temperature of your room, avoiding distractions, not eating late, and a very good one, take a shower before bed.

### **Conclusion**

Getting enough sleep is one of the most important human activities for a good development in daily life. Sleeping has many benefits, and not only reducing stress, improving memory, preventing diseases. Additionally, sleeping can strengthen the immune and cardiac system, improve the weight loss and prevent accidents. However, poor control of this can negatively affect human behavior. Remember that there are many ways to sleep in the best way and avoid negative impacts on your daily life such as stop using electronic devices before sleep, take a shower before going to bed, manage the temperature of your room, among many others. Sleeping is not a waste of time; it is a necessity. Sleeping does not make you a lazy person, it makes you a smart person. Always keep in mind the importance of getting enough sleep, something so simple can change a thousand things. But remember, everything in excess is bad.

### **Work consulted**

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