

Sleep Deprivation

Introduction

Attention Material	Blame It on the light bulb. College students and individuals across the country are suffering from a health problem that can be more detrimental to their health than some forms of cancer. What is it? Sleep Deprivation.
Motivation Material	People are losing sleep daily, in such a fashion that most have trouble staying awake during work, driving, or even in class.
Thesis	Sleep deprivation is a serious medical situation that can harm your everyday life.
Overview	Today I'm going to explain what sleep deprivation is, causes for the problem, how to remedy the problem, and how to test yourself to see if you suffer from sleep deprivation.
(transition)	(I will start with a definition of what sleep deprivation is.)
Thought Pattern:	Topical

Body

- I. What is Sleep Deprivation?
 - A. Sleep Deprivation:
 1. The condition of being deprived of sleep either under experiment or under real life conditions, as distinguished from being unable to sleep. (CancerWEB's Online Medical Dictionary)
 2. Sleep Deprivation can even effect acne development, and cause bad hair days.
 - B. The common cold is often thought to be one of the greatest afflictions among Americans, but it is actually drowsiness. (Stedman, "Tired of being, Tired")
 1. 40 percent of American adults admit that their work suffers when they are sleepy.

2. Even more so, College students suffer more than anyone with odd hours and periodic naps during the day.

(internal summary) (In essence, sleep deprivation is the simple lack of the required amount of sleep in order to function fully the following day.)

(internal transition) (This lack has to be caused by something, but what?)

II. What aids in the accumulation of sleep debt (Sleep Deprivation). (Good Housekeeping)

A. Sleep Life is a factor

1. Disrupting associations with the bed and bedroom, diet troubles, and mental state all effect the ability to sleep
 - a. Regular activities in the same room as you sleep in can disrupt and disturb sleeping patters such as working in the room, watching television, even sex.
 - b. Remedies: Before bed take a hot bath (temperature change causes drowsiness), eat light dinners and have snacks at least every three hours for maximum energy and minimum fatigue, Drink plenty of H₂O. Mental state is another factor, extreme boredom, and extreme stress can both prevent sleep as well as promote it.

B. Natural Remedies (Starbuck)

1. Chamomile-Provides soothing comfort from the aromatic smell, allows peace before falling asleep. When ingested in a caplet form it is a type of painkiller as well as sleep-inducers.
2. Hops-Yes, what they use to make beer. A mild sedative is used to treat insomnia in its herbal form. Like beer, it can have slight depression inducing effects.

(internal summary) (Sleep deprivation is obviously a complicated thing, with an even more complicated solution.)

(internal transition) (How can you tell if you have sleep deprivation or a sleep debt.)

- III. If you are not getting enough sleep, it can lead to health problems.
 - A. A Simple test can evaluate sleep deprivation (Test passed out, evaluate yourself afterwards.)
 - B. Health Problems resulting from sleep deprivation include
 1. Decreased Immune System activity
 2. Development of Chronic Fatigue Syndrome
 3. May be the start or result of a sleep disorder:
 - a. Sleep Apnea-(Snoring and stopping of breathing during sleep)
 - b. Insomnia
 4. Could be a sign of depression.
 - C. Sleep Deprivation is one of the main causes for deaths of those who fall asleep at the wheel of a moving vehicle -- as well as those who slowly drift to sleep during a lecture in class.

(internal summary) (Sleep Deprivation is a compound entity with ties to many other forms of problems with one's health.)

Conclusion

Underview Sleep Deprivation is condition that effects how well someone functions during the day, and can be caused by numerous ways. Don't underestimate the significance of the problem. The consequences of sleep deprivation can be serious.

Last thought If you find yourself falling asleep during class, at the wheel, or unable to concentrate during the day, try to get more sleep; it just might save your life.