Source: https://graduateway.com/sleep-deprivation-persuasive-speech-essay-sample/



Sleep deprivation has become a serious problem in the life of students that leads to physiological and psychological impairments, instigates the use Of stimulants, and has a negative effect upon the student's grade point average. 8. Reason audience will be interested in this speech: The purpose of this report is to present research on the physiological and psychological effects of sleep deprivation and stimulants on college students and to recommend, based on the overwhelming evidence that sleep deprivation has negative consequences, that New Mexico State University bar he scheduling of any classes before am.

Sleep deprivation is a serious problem resulting from an increase in academic demands placed upon college students. Loss of sleep leads to physiological and psychological impairments, instigates the use of stimulants, and has negative effects upon the students grade point average. Therefore, the university should recognize the prominence of sleep deprivation among its student body. C. Thesis Statement: This report examines the effects of sleep deprivation on college students, and that New Mexico State University bans classes from beginning before gamma.

D. Overview: Main Point A: The physiological consequences of sleep deprivation on college students and the impact of it. 2. Main Point B: The psychological consequences of sleep deprivation on college students and the effects of it. 3. Main Point C: The use of stimulants is becoming a dependency for most college students with sleep deprivation. 4. Main Point D: And the effect that it has on the students Grade Point Average (GAP). Transition: I am first going to talk to you about the Physiological consequences of sleep deprivation. Body: A.

Main Point A: Physiological consequences of sleep deprivation may appear o be minimal at first, but after examining closely the various side effects, it is very clear that a student depriving their body of rest is extremely harmful. 1. Subjoins 1: Fatigue in general is typically the primary' result from lack of sleep. Dozing off and heavy feeling eyelids while reading, and sitting in or meetings will occur. Serious consequences are also prominent with sleep deprivation. It effects the production of white blood cells that decreases within the body, and also effects the activity of the remaining white blood cells (Martingale). Subjoins 2: As a result of this, the body has a weakened immune system, thus increasing the body's susceptibility to types of illness. In addition to a weakened immune system, the secretors patterns of appetite regulating hormones are altered. In some cases the appetite will increase which may promote weight gain and obesity (Audiogram). 3. Subjoins 3: The physical side effects of sleep deprivation can also be detrimental to a person's health and people of the college age. College students already have large amounts of stress factors placed upon

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Carla Hamaguchi

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10 Easy Writing Lessons That Get Kids Ready for Writing Assessments Mary Rose, 1999 Shows you how to teach students Bella (The Puppy Place #22) Ellen Miles, 2011-11-01 Welcome to the Puppy Place where every puppy finds a home Charles and Lizzie Peterson love puppies They enjoy taking care of the dogs themselves but the best part is finding a perfect new owner for these adorable animals Bella is an orphaned newborn cocker spaniel She is very weak and almost doesn't survive her first night Lizzie is determined to save the pint sized pup The Peterson's bottle feed her around the clock until she s healthy enough to be adopted But who will give this sweet little dog the home she deserves Sleep Nancy L. Simpson-Younger, Margaret Simon, 2020-04-13 Forming Sleep asks how biocultural and literary dynamics act together to shape conceptions of sleep states in the early modern period Engaging with poetry drama and prose largely written in English between 1580 and 1670 the essays in this collection highlight period discussions about how seemingly insentient states might actually enable self formation Looking at literary representations of sleep through formalism biopolitics Marxist theory trauma theory and affect theory this volume envisions sleep states as a means of defining the human condition both literally and metaphorically The contributors examine a range of archival sources including texts in early modern faculty psychology printed and manuscript medical treatises and physicians notes and printed ephemera on pathological sleep through the lenses of both classical and contemporary philosophy Essays apply these frameworks to genres such as drama secular lyric prose treatise epic and religious verse Taken together these essays demonstrate how early modern depictions of sleep shape and are shaped by the philosophical medical political and above all formal discourses through which they are articulated With this in mind the question of form merges considerations of the physical and the poetic with the spiritual and the secular highlighting the pervasiveness of sleep states as a means by which to reflect on the human condition In addition to the editors the contributors to this volume include Brian Chalk Jennifer Lewin Cassie Miura Benjamin Parris Giulio Pertile N Amos Rothschild Garret A Sullivan Jr and Timothy A Turner Essay Writing Made Easy Ann Birch, John Birch, Evlyn Windross, 1993 Explore all the basics any student needs to improve their essay writing in all subjects Learn how to get the best information from interviews and surveys structure an effective essay revise and evaluate write attention grabbing beginnings and endings and make the best use of library resources including CD ROMs The book discusses the personal essay literary essay review report exam essay and research paper Dozens of sample essays round out

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