TITLE: HOW TO COMMUNICATE: ORALLY CITING SOURCES, WHAT IF #1

00:00 [REYNALDO stands before his class audience to deliver a speech. REYNALDO rushes through his sources instead of working them into his speech.]

00:00 **REYNALDO**: Before continuing, I would like to say that my sources for this next part of my speech include the Center for Disease Control, the National Institute for Health, and the University of Georgia’s Health Center.

00:13 **REYNALDO:** When you don’t get enough sleep, there are serious effects on your ability to function. One effect is cognitive impairment. Your judgment and ability to concentrate are poor. Attempting to drive a car after 24 hours with no sleep is like having a .10% blood alcohol level. To put that in context, .08% blood alcohol content is above the legal limit to drive in most states. Drowsy driving related accidents are most common among young people ages 16-29, especially males.

00:45 **REYNALDO:** Here are some negative effects not getting enough sleep can have on your health: more illnesses… (scene fades out)