TITLE: HOW TO COMMUNICATE: ORALLY CITING SOURCES, WHAT IF #2

00:00 [REYNALDO stands before his class audience to deliver a speech. Behind him, a screen projects a slide describing how to “improve your sleep.” REYNALDO delivers his sources in an overwhelming manner.]

00:00 **REYNALDO**: (confident, well rehearsed) Before you think you are doomed to such stresses, there are ways that you can improve your sleep habits. There is a lot of information available on how to get better sleep. The National Heart, Lung and Blood Institute, which is part of the National Institute of Health, a division of the U.S. Department of Health and Human Services, a government agency, published a brief PDF titled “In Brief: Your Guide to Healthy Sleep.” On page 4, in a section titled “Get a Good Night’s Sleep,” they list tips to improve your sleep habits. I’m going to paraphrase these for you now: stick to a sleep schedule and do not nap after 3 pm. To clear your system of anything that may interfere with sleep, you should avoid alcohol, nicotine, caffeine… (scene fades out)