TITLE: HOW TO COMMUNICATE: ORALLY CITING SOURCES

00:00 [REYNALDO stands before his class audience to deliver a speech. Behind him, a screen displays slides relevant to his presentation.]

00:00 **REYNALDO** (confident, well-rehearsed): As you can see, our different life and school responsibilities, paid and volunteer work, and of course, our social schedules can cause a lack of sleep. When you don’t get enough sleep, there are serious effects on your ability to function. One effect is cognitive impairment. (Screen displays image of bar graph describing cognitive impairment) Your judgment and ability to function are poor. According to a 2013 report from the Center for Disease Control (CDC) 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. The CDC also reports that drowsy driving related accidents are most common among young people ages 16-29, especially males.

00:52 [REYNALDO pauses, switches notecards, and a new slide appears summarizing negative effects of lacking sleep.]

00:54 **REYNALDO:** Not getting enough sleep can also have negative effects on your health. The Health Center at the University of Georgia currently lists some of these consequences on its Web site:

* + - More illnesses, such as colds and flu, due to a lowered immune system
    - Feeling more stressed out
    - Increased weight gain and obesity
    - A lower GPA and decreased academic performance
    - Increased mental health issues, such as anxiety and depression
    - Decreased performance in athletics and other activities that require coordination

01: 30 **REYNALDO:** Before you think you are doomed to such stresses, there are ways that you can improve your sleep habits.

01:42 [Slide switches to summarize section on “improving your sleep.”]

01:42 **REYNALDO:** There is a lot of information available on how to get better sleep but the National Institute of Health recommends behaviors such as sticking to a sleep schedule and not napping after 3 pm. To clear your system of anything that may interfere with sleep, you should avoid alcohol, caffeine, nicotine, large meals, strenuous exercise, or any other stimulants for a few hours before going to bed. Finally, it is important to prepare a proper sleeping environment. This means clearing your bedroom of anything that might distract you from sleep such as noises, bright lights, and—this is the hardest part—electronics such as TVs, phones, computers, and tablets that might keep you up and distracted from sleep.