

Public Speaking Center: Sample Informative Speech (Key Word Outline)

I. Introduction

- a. **Attention Getter:**
 - i. High school, psychology experiment no social media for a week.
 - ii. Tough week – big change -good sleep,
 - iii. no phone before bed.
 - iv. Easy to get up- not tired during day.
- b. **Relevance to Audience:**
 - i. most of us in have claimed to sleep
 - ii. end up scrolling through your phone, not sleeping.
 - iii. VISUAL AID
- c. **Speaker Credibility:** common habit for teenagers.
- d. **Thesis:**
 - i. though devices use before bed is common
 - ii. Blue light impacts our well-being.
- e. **Preview Main Points:** Focus on how blue light affects sleep patterns and eye health

II. Effects on sleep

- a. Survey – most have heard – don't know much about.
 - i. Understand how it affects us
 - ii. Understand what it is.
 - iii. Ramsey 2010 QUOTE “Blue light is visible light with a wavelength between 400 and 450 nanometers (nm)...it is of concern because it has more energy per photon of light than other colors in the visible spectrum”
END QUOTE
 - iv. VISUAL AID –visible light electromagnetic spectrum
- b. Shifting sleep and circadian rhythm.
 - i. Internal clock – 24hr sleep/wake natural.
 - ii. Ramsey QUOTE “may stimulate the circadian clock more than traditional light sources, keeping you awake, disrupting sleep, or having other effects on your circadian rhythm” END QUOTE.
 - iii. Shift in rhythm = poor & loss of sleep, drowsiness.
- c. Melatonin manipulation.
 - i. Harvard medical school - 2012 QUOTE “exposure to light suppresses the secretion of melatonin, a hormone that influences circadian rhythms” END QUOTE.

- ii. Melatonin makes us tired – works with circadian rhythms.
 - iii. 2010 Holzman QUOTE “blue wavelength suppressed melatonin for about twice as long as the green. In other experiments, blue also proved more powerful in elevating body temperature and heart rate and in reducing sleepiness” END QUOTE.
 - iv. Melatonin suppressed before bed makes sleep hard.
 - d. Blue light effect – loss of sleep – affects tiredness and health issues
 - e. Cardiovascular – diabetes – increase risk depression - “Blue light has a dark side” 2012.
- III. Effects on eye health
- a. Effects sleep - negative to eye health.
 - i. Eyes transmit light with photoreceptor cells in retina.
 - ii. Take visual images and light with form Vitamin A :
 - iii. Glatter 2018 QUOTE “some of these reactions lead to toxic radicals which can permanently damage these photoreceptor cells, leading to cell death” END QUOTE.
 - 1. Cell death – no regeneration.
 - 2. Lots of cell death – macular degeneration, vision loss.
 - b. Use of electronics – dry eye diseases – decreased blinking
 - i. Common way reduce effects – reduce screen time.
 - ii. Glatter QUOTE “This is especially important at nighttime since the energy from transmitted blue light can be more focused, intensified, and channeled to cause more damage to our retinas” END QUOTE.
 - iii. Decreases strain and improve sleep
- IV. Conclusion
- a. **Signal the End:** Blue light may affect us in a variety of ways,
 - i. Can easily be managed by reducing screen time
 - ii. Be conscious about electronic habits.
 - b. **Review Thesis and Main Points:**
 - i. Important to understand blue light impacts on sleep patterns and eye health
 - ii. Stay aware and make changes to our tendencies
 - c. **End with a Clincher:**
 - i. Next time you claim that you are going to bed
 - ii. Go to bed.

This speech was written and delivered by Kristen Nathe as a CST 110 Student at UW-La Crosse in Spring 2020. Be sure to consult with your instructor if they have specific requirements for outlining & speaking notes.