Insomnia

By

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Edwards, Luann

English 2

8/12/17

# OUTLINE TITLE

## Introduction

1. What is Insomnia
2. Primary Insomnia
3. Meaning of primary insomnia
4. Secondary Insomnia
5. Meaning of secondary insomnia
6. Causes
7. Causes
8. Diagnosis
9. Risk factors
10. Signs and symptoms
11. Most effected
12. Insomnia in women
13. Insomnia in men
14. Treatments
15. Sleep aids
16. Over the counter
17. Physician prescribed
18. Natural relief methods
19. Sleep Hygiene
20. Holistic remedies

## Conclusion

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# Insomnia

Click here to type the body of your report. All paragraphs are indented and double-spaced.

# Works Cited

**Reference:** <http://www.nhlbi.nih.gov/health/health-topics/topics/inso>

This source supports the definition of insomnia. Gives detailed information on signs and symptoms and well as treatments.

**Reference:**[www.sleepeducation.org/essntials-in-sleep/insomnia](http://www.sleepeducation.org/essntials-in-sleep/insomnia)

Detailed information about causes and risk factors can be found using this reference. In depth education on sleep hygiene and additional measures used to treat insomnia weather its primary or a case of secondary insomnia.

**Reference:**[www.sleepassociation.org](http://www.sleepassociation.org)

This site provides information on causes of insomnia as well as further explanation of what chronic insomnia does to the body. Support on the overview of what insomnia is and what it means to live with this sleeping disorder

# Checklist

1. The outline
2. The introduction states the main topic or idea of the outline, and the conclusion summarizes it.
3. Each sub-topic describes the main idea for a paragraph.
4. Supporting information and details for a sub-topic are listed under the sub-topic, with each piece of information listed separately.
5. When supporting information is listed under a sub-topic, there are at least two pieces of information listed. If there is only one piece of information to support a sub-topic, the information is included in the sub-topic.
6. The paper
7. The paper follows the organization of the outline.
8. Each paragraph in the paper matches a sub-topic in the outline, and presents the information and details listed under the sub-topic.
9. Each paragraph includes a topic sentence that summarizes the main idea of the paragraph.
10. Every sentence begins with a capital letter.
11. Every sentence ends with a period, question mark, or exclamation mark.
12. All words are spelled correctly.
13. There are no missing words.
14. Works cited
15. Every source has a specific reference in the paper. Include only the sources that are mentioned in the paper.
16. Each entry follows the correct format for the type of reference.
17. Entries are listed in alphabetical order, according to the author’s last name.

# Tips for Writing Your Report

1. Create a schedule
2. Identify the tasks you need to do.
3. Arrange the tasks in the order you’ll need to do them.
4. Estimate how long each task will take. Be sure to allow enough time for editing and making changes.
5. Identify the date the report is due, and then set a schedule showing what work you’ll need to do each day in order to have your report ready on time.
6. Add interest
7. Use graphs and charts to illustrate an idea.
8. Add a picture, photo, or drawing.
9. Include a map.
10. Find a quotation and use it to make your point.
11. Make every word count
12. Choose words your reader will understand. Remember that you want to communicate your ideas to the person reading your paper.
13. Avoid clichés.
14. Use a thesaurus to replace overused words and find new ways to express your ideas.