

# Persuasive Essay Outline

---

## Topic: 8+ hours of sleep

*Directions: Use this outline to help inform your writing of your rough drafts and final draft, as we work on the writing process in and outside of class. For your outline, write in as much information for each point as you know, and then, for support and ideas you do not have yet, write specific questions or basic ideas of what you'd like to write down, to help guide what you still need to find out and research.*

### Introduction

- A. Get the reader's attention by using a "hook." One suggestion is to connect a story of a real person or made up scenario that relates to your topic. Don't worry about perfection here yet. We can work on this.  
Talk about fast-paced society, describe what this looks like, and how it falsely seems beneficial.
- B. Give some background information. Briefly summarize your topic, why it is a "hot topic" (controversial, different sides), and define any terms that might be familiar to an audience not familiar with this topic.  
Discuss fast-paced society a little more, how a lack of sleep seems, in the surface, to be okay, etc. etc.
- C. Thesis or focus statement. Copy from your notes, activity today.  
Even though many Americans believe that we can accomplish more for ourselves and others with less sleep, it is important to get at least eight hours of sleep a night, as it aids in mental health, helps keep our metabolism and productivity strong, and allows our bodies enough time to go through all sleep cycle stages necessary to be at our peak optimal health.

### **I. First argument or reason to support your position:**

- A. 1<sup>st</sup> major reason why, and what it exemplifies most (pathos, logos, or ethos):  
Adequate sleep aids in mental health.
- B. Evidence #1: Here, explain how there is proof for the 1<sup>st</sup> major reason why.  
Suicide numbers are on the rise—2013, 41,149 committed suicide.
- C. Explanation. Explain how this evidence helps proves your opinion on the subject and/or elaborate. (You may have questions initially.)  
This is connected because, as the world gets faster, people get more depressed and lack hope, committing suicide. A lack of sleep is directly connected to this.
- D. Evidence #2: Here, explain how there is even more proof for the 1<sup>st</sup> major reason why.  
Anxiety and stress are directly related to a lack of sleep: "Sleep quality disturbances are frequently reported in essentially all psychiatric disorders, including depression, schizophrenia, anxiety disorders, and psychoactive substance abuse disorders" (Buysee 2).
- E. Explanation. Explain how this evidence helps proves your opinion on the subject and/or elaborate. (You may have questions initially)  
Psychological health is directly related to sleep. The better sleep people get, the happier this world will be.
- F. Closing Statement (for the outline, just be aware that this exists; no need to write anything here).

### **II. Second argument or reason to support your position:**

- A. 2<sup>nd</sup> major reason why, and what it exemplifies most (pathos, logos, or ethos):
- B. Evidence #1: Here, explain how there is proof for the 1<sup>st</sup> major reason why.

C. Explanation. Explain how this evidence helps proves your opinion on the subject and/or elaborate. (You may have questions initially)

D. Evidence #2: Here, explain how there is even more proof for the 1<sup>st</sup> major reason why.

E. Explanation. Explain how this evidence helps proves your opinion on the subject and/or elaborate. (You may have questions initially)

F. Closing Statement (for the outline, just be aware that this exists; no need to write anything here).

### III. Third **and strongest** argument or reason to support your position:

C. 3<sup>rd</sup> major reason why, and what it exemplifies most (pathos, logos, or ethos):

D. Evidence #1: Here, explain how there is proof for the 1<sup>st</sup> major reason why.

G. Explanation. Explain how this evidence helps proves your opinion on the subject and/or elaborate. (You may have questions initially)

H. Evidence #2: Here, explain how there is even more proof for the 1<sup>st</sup> major reason why.

I. Explanation. Explain how this evidence helps proves your opinion on the subject and/or elaborate. (You may have questions initially)

J. Closing Statement (for the outline, just be aware that this exists; no need to write anything here).

### IV. **Opposing Viewpoint** (allows the reader to know you have considered another point of view, and have a rebuttal, or comeback, to it)

A. Opposing point to your argument. What do you think your opposing side's strongest argument for their case is? Mention it.

People claim they can get more done with less sleep.

B. Your rebuttal to the opposing point. A "rebuttal" is a respectful way to show the flaws in the opposing side's argument, and strengthen your own argument with further evidence.

If one is more mentally and physically exhausted, a lack of sleep ends up being counterproductive.

C. Elaboration to back your rebuttal. Continue to add additional detail for further insight.

Circadian rhythm is messed up, people are groggy when they sleep less, and those who actually can survive on less sleep, statistic wise, are less than those who are selected for the Hunger Games.

**Conclusion:**

A. Restate thesis statement. Your conclusion should always begin with a creatively reworded phrasing of your thesis idea. Write it here.

Because of the argument that people can survive well on less sleep is faulty, it is crucial for adults to get at least eight hours of sleep a night, optimizing their mental health, energy levels, and overall well-being.

B. Summary of main points or reasons. You will summarize your main ideas, but no need to write them here. Wait until your rough draft.

C. Personal comment or call to action. Another 2ish sentences explaining what people can do or can continue to do to make sure that your point of view is taken. For your initial outline, do not worry about this.