

# APA Format Essay

Header with author's last name and page number. Right-aligned on every page.

Solheim 1

**This is the MLA heading.** Include your full name, professor's name, course, and date. Double-space each line. Keep everything aligned to the left margin. MLA format does not require a separate title page.

Bold, centered title placed three to four lines from the top.  
**Title case only.**

## Why Cities Depend on Work That Happens Before Sunrise

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Northwood University

SOC 231: Urban Systems and Labor

Professor J. Renwick

4 March 2025

Double-space all lines.  
**Center each line in this exact order: name, institution, course, instructor, date.**

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Solheim 2

## Why Cities Depend on Work That Happens Before Sunrise

Repeat the title in bold at the top of the first text page.

Indent the first line of each paragraph by 0.5 inch. Keep the text double-spaced and left-aligned.

Most people assume the city wakes when storefronts open or commuters step outside, yet the day starts much earlier. Many of the systems that feel automatic each morning only work because crews prepare them long before sunrise. Power lines get repaired, transit routes are checked, deliveries arrive at distribution centers, and shared spaces are cleaned. A study on early-morning labor notes that these tasks "hold the entire daytime system together" (Merrick, 2022, p. 58). Without this work, the first wave of residents would encounter delays, outages, or streets that cannot support the usual flow.

Pre-dawn work also shapes the city's economy. Vendors, drivers, sanitation workers, and maintenance teams move through their tasks in the dark, supporting services that appear effortless later. An urban logistics analysis reported that "nearly half of essential deliveries take place before the first commuter train leaves the yard" (Devereux, 2020, p. 103). This unseen activity influences safety, access to goods, and the overall rhythm of the city. Understanding this foundation explains why the city seems prepared the moment daylight arrives.

Use the author's last name, year, and page number in parentheses for citations.

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Solheim 3

References

Start a new page and center the word 'References' in bold.

Devereux, H. (2020). *Invisible routes: Logistics in the early hours*. North Harbor Press.

Merrick, A. (2022). *Before the commute: Labor that supports the waking city*. Griffin & Blake.

Apply a 0.5-inch hanging indent. First line flush left; next lines indented.

APA 7th Edition guidelines: one-inch margins, double spacing, readable font, consistent indentation.