

**APSU Writing Center**  
**APA Style Title Hierarchy**

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- APA Style includes up to five levels of titles. The number of headings you include will depend on how long and complex your academic writing is. Only use the different headings to create sections and subsections in your writing. In the title case, most words are capitalized.

**Avoid**

- creating a header that is titled “introduction”.
- label headings with numbers or letters
- double-space headings
- add blank lines above or below headings

**Level 1**

**Centered, Bold, Title Case Heading**

The text begins as a new paragraph.

**Level 2**

**Flush Left, Bold, Title Case Heading**

The text begins as a new paragraph.

**Level 3**

***Flush Left, Bold Italic, Title Case Heading***

The text begins as a new paragraph.

**Level 4**

**Indented, Bold, Title Case Heading, Ending With a Period.** The text begins on the same line and continues as a regular paragraph.

**Level 5**

***Indented, Bold Italic, Title Case Heading, Ending With a Period.*** The text begins on the same line and continues as a regular paragraph.

**Example Title Hierarchy**

**Effects of Sleep Deprivation on Cognitive Functioning**

**Impact of Sleep Deprivation**

***Consequences of Prolonged Sleep Deprivation***

**Effect on Memory Recall.**

***Influence of Sleep Deprivation on Attention Span.***

**Example Title Hierarchy**

**The Impact of Technology on Education: A Comprehensive Review**

**The Role of Educational Technology**

***Integration of Technology in Classroom Instruction***

**Benefits of Online Learning Platforms.**

***Effectiveness of Gamification Strategies in Education.***



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**APA Style 7th Edition**

**Reference**

APA Style. (2019, September). *Headings*. APA Style. <https://apastyle.apa.org/style-grammar-guidelines/paper-format/headings>