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English 1102

20 January 2018

How necessary is sleep?

The necessity of sleep is very important. We as human beings need at least eight hours of sleep, or you may develop stress, headaches, etc. You have to sleep in order to function right the next day. When you sleep you tend to listen and pay attention more. Sleep is good for your health and well-being. Getting no sleep can kill you.

I am a college student and I stay up all night and, in the morning, when I have class I still sleepy. It is better for you to have a sleep schedule I know it might sound crazy, but it's not. While I'm in class I fall asleep and that is not good. When I am supposing to be doing work or studying I am sleep. As a college student you need all the sleep you can get. You don’t want to walk in every class, yawning and the attention is on you that is embarrassing.

Sleep activates and restores your body; many people suffer from lack of sleep. It is also good for your brain; the brain gathers so much information in a whole day. You need to sleep so that your brain has relaxed and remember all that information you learned the day before. Some people say it is better for you to sleep in the cold, I agree that is the only way for me. We need sleep to recover, protect, energize, and for memories.

As you get older there are times when you want to sleep like a baby all over again. If I could sleep my life away I would. Sleep is an escape from everything. The question is why is sleep necessary? There are many reasons why sleep is necessary. People have different reasons on why they sleep so much, or why they don't get enough sleep.