Regina Handie

English 1101

Mrs. F. Sampson

01/17/2018

How Necessary is Sleep

Sleeps plays a major role on one's health. Getting enough sleep is important for healing and repair

of the body. Lack of sleep can increase chances of heart disease and other health issues. Moreover,

sleep is required to give the mind and body time to shut down and rest. Sleep is necessary for better

mental functioning and body healing.

Sleep provides an opportunity for better mental functioning. Therefore, not getting enough sleep

can cause anxiety and depression. Getting the proper amount of sleep can cause one to be more alert

and have a happier mood. Inadequate sleep can cause irritability and stress. Healthy sleep habits can

enhance well-being.

Secondly, sleep is important for body healing. While sleeping the body repairs and restores itself. In

addition, the body needs 7-8 hours of sleep to take care of you. There is a decrease risk of being

diagnosed with most body illnesses. Moreover, sleep is required for the body to rest and digest.

In conclusion, sleep is beneficial in many ways. The proper amount of sleep can improve mental

and physical health. While sleeping the body works on healthy brain functioning, which decreases

depression and increases alertness. Sleep is necessary for a healthy heart and blood flow. Sleep is a

very important for healthy living.