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English 1102

01/15/18

The necessity of sleep.

We as human beings possess many unique and sometimes peculiar traits. It fascinates me that we, as tough as we would like to believe we are, spend a large portion of each day unconscious and as helpless as infants. Sleep is a vital part of life. Every person requires it if he or she is to function properly. Proper sleep is critical because through proper rest the body rebuilds itself and fights infections.

The human body, with all its wonderful complexities, utilizes the sleep period to rebuild and reboot. Somewhat akin to the way one restarts a computer. The amount of sleep each person requires will vary, but most people agree that both too much and too little sleep is unhealthy. Each person ought to find the amount that is right for them. Although sleep, like any good thing, if not properly and wisely harnessed causes harm. However, a quality sleep brings clarity of mind, sharper focus, and a readiness to face any challenges which may lie ahead.

Also, our bodies use the time we sleep to fight potential invaders. Our immune systems use the time we slumber to battle germs, sickness, and other harmful intruders. Sleeping is critical to bodily health because through sleep we become refreshed and energized, which is due partly to allowing our immune system to function as it ought. This means getting to bed in a timely manner and getting up at a timely manner. Basic, responsible sleeping habits are merely some mechanisms we can utilize as a defense against illness.

Finally, sleep is critical because the human body heals itself and combats any potential maladies. Forming healthy habits is important for those who want a healthy lifestyle. What we do regarding sleep is no exception. One does not need an extensive amount of knowledge, complicated plans, or enigmatic explanations in order to take charge of becoming a heathier individual. Forming sleeping patterns that promote this are but one part of becoming a healthier you.