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English 1102

Mrs. Whitlow-Sampson

How necessary is sleep?

Getting the right amount of sleep can cause good health and strength. For example, babies tend to grow and development into the adults if they have got the right amount of sleep the night before. It has been said that getting eight hours of sleep of more during the night you will feel alert and well rested. Not getting enough sleep can lead into health risks such as hypertension, rapid heartbeats, and stress. Taking naps doing the day or finding time where you can relax and sleep without any interruptions is the best time to get some rest to stay energized.

The body restore itself while your sleeping. Your body is at a relaxing stage when you are sleep. If your body does not get the proper amount of rest your body will not function as normally, so chances are your body will begin to shut down. Even if you try to fight it off by not going to sleep the body will send a signal out that it is time to go to bed, and you will begin to dose off. At this stage your body can not take anymore, and it needs to be put at rest.

Being enrolled at the unsinkable Albany State university, there are time where I can not get the amount of rest that I need because of the studying and homework that I must complete. This semester Spring 2018, I have late classes. Therefore, if my professors decide to give me a lot of assignments in one day, chances are I will be up all night doing those assignments. While completing those assignments I will getting tired and sleepy because all my energy has been drained throughout the day depending on the number of courses I have taking that day. My body sends a signal out that that’s enough you need to get some rest.

In conclusion, sleep is necessary because without it the body will not operate properly. Staying on a good sleeping schedule can keep the body from having health problems. After a long day you should take time out to relax and let the body restore itself. Once the body has restored itself you will not be filled up with more energy and be more alert then before.