Chantanique Printup

English Composition 1102

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How necessary is sleep?

Sleep is very significant for the body and brain. In order to function day to day, a person must rest from the load of work each day brings. Without sleep a person will feel drained and not have enough energy to get through the day. For instance, if a person stays up all night he/she may feel too tired to wake up early on the next day. Sleep will always be essential to every person’s daily life.

 The fundamentals of sleep come from when the body is resting, restoring and growing. In order to be productive in the next day, a person needs approximately six amounts of hours to recuperate. Sleep is necessary to be productive in daily activities such as work and school. To do things such as working and learning, a person need energy and strength. If the body doesn’t have enough energy that it should retain from sleep, it will eventually shut down on its own.

Sleep is a source of relaxation for the brain and calming the body down. It plays an important role for individuals whom have long and busy days. Sleep is food to the brain’s functioning abilities. If a person is suffering from being frazzled from a busy day; one of the central things to do is to sleep. Sleep can help diminish the horrible feeling a person endures. With that said, without sleep a person will feel very ill. As during the hours of sleep a person will be recovering from all the stress that happen during the day.

At last, sleep brings happiness to the brain. During the time of resting, the brain is doing multiple things to benefit the person. A person could only have official dreams in his/her sleep. Nether less, it is important to obtain sleep, considering dreams are beneficial to a person’s healthiness in life. Sleep advantages are crucial to all individual’s life.