Grace Daniel

English 1102

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How necessary is sleep?

Every night millions of people shut their eyes to rest and sleep. What people don’t realize is how important getting the right amount of sleep is. Getting the right amount of sleep can benefit you in numerous of ways. It is crucial to your health to be getting the rest you need. Lack of sleep can have serious consequences.

 Its crucial role plays a part in healing and repairing heart and blood vessels. Depriving yourself from sleep can cause an increase of risk of heart failure, kidney disease, high blood pressure, diabetes, and stroke. Sleep deficiency also creates an increase risk in obesity. Getting enough sleep isn’t only about total hours of sleep. Getting good quality sleep so you feel rested when you wake up is also extremely important.

Sleep is essential for a person’s health. Everyone’s individual sleep needs vary. Most healthy adults need an average of eight hours of sleep at night. However, some individuals can go with only six hours of sleep and are able to function without drowsiness or sleepiness. Other’s need to sleep for ten hours to feel well rested and ready for the day.

Stress is the number one reason many people have short-term sleeping difficulties. Common triggers include family, work, school, serious illness or death in the family. Usually when our problems go away we can sleep better at night. However, if short term sleep problems such as insomnia aren’t handled properly from the beginning, they can persist long after the stress has passed.

Not getting the sleep, you need can throw your mood off and ruin a perfectly good day. It’s crucial to get quality sleep at the right times. Making sleep a priority in your life would be beneficial in many ways to your health. Don’t take your sleep schedule lightly. Getting enough sleep means a healthy, happy, long lasting life for you.