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**English Composition**

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**How Necessary Is Sleep?**

Sleep is essential to your well-being. If you don’t get the proper amount of sleep it will result in crucial way. Sleep is not just important for the athletes but nonathletic people also have to get good sleep to function in a great way throughout the day. Sleep is just as relevant as eating healthy and exercising. It's so important because it reduces stress, restores and energizes, and helps control weight.

Taking an eight-hour sleep at night can take the built-up stress away from the day. One major example of built-up stress I encounter almost every day is trying to keep my grades up while also working two jobs to supply my needs and wants. If I'm able to get good rest at night I feel much better when I wake up. Sleep is like medicine for your body. At the end of the day your body needs it to function properly and give you extra energy for the next day.

Sleep also restores and energizes. During this period this is when your body is at the most peaceful state. This is also the longest period of time your muscles have to grow. Imagine going to sleep at 2 A.M in the morning and waking up at 7 A.M. to go to school. Only allowing your body 5 hours of sleep stops your muscles from growing. Also, think about how you would feel in PE class with no energy the same day you only got 5 hours of sleep. Getting good sleep gives your body the opportunity to improve your health and give you an awesome feeling.

If you get good sleep at night studies have proven that you tend to eat less than a person with poor sleeping habits. People who don't get enough sleep have a much bigger appetite. Not enough sleep interrupts the daily changes in appetite hormones and it also causes bad appetite regulation. According to Joe Leech, (June 4, 2017), the technical terms would be higher levels of ghrelin which is the hormone that stimulates appetite and reduces the levels of leptin which is the hormone that suppresses appetite.

As you can see it is mandatory that you get your proper rest at night. There is no such thing as catching up on sleep. Once you wake up before your body is done resting the damage has already been done to your body. The healthiest method to getting proper rest is to have a set bed time and wake up time for every day. I can't stress enough how good sleep is for your body.