How Necessary is sleep?

Sleep is one of the things that every person needs to survive. Sleep reenergizes you to be able to work every day with little fatigue. Sleep is necessary to survive because without it the body can’t refuel itself and be productive. People get restless and may come off as irritated and these feelings can affect their productivity. Every living thing on this planet requires energy to perform tasks and because of this people need sleep to the point where everything else can hold off.

It is extremely important for sleep to be done that if a person goes a long time without sleep they may become delusional and do things that they wouldn’t regularly do. Lack of sleep can cause various things. The side effect of lack of sleep include: accidents, heart troubles, depression, and weight gain. There are countless incidents where unfortunate events occur because of lack of sleep.

People may hurt themselves because of depression that can come from the lack of sleep. More Chernobyl incidents can occur where sloppy work is performed because of lack of sleep. Sleep is very important because without it the world would become chaotic. Sleep can affect a person’s learning ability to where they may not pay attention because their body is getting in the way. Grades can drop and it would be almost impossible to pick them back up because their body just wants to be asleep when it should be learning.

Without sleep a worker couldn’t work. Their body would be too weak to perform tasks anymore and then they would just be useless. The economy would be horrible and many people would be poor if everyone slept little. People would lose their drive to work and most likely fall into a depression which will not only hurt them but will hurt others. Finally, sleep is one of the most basic needs of every person and without no one can live a fulfilled happy life.