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How necessary is sleep?

Sleep is a condition of the body and mind, typically allowing the body including the nervous system and muscular system to relax and suspend consciousness in order for each person to be physically be prepared for each day ([en.oxforddictionaries.com/definitions/sleep](http://en.oxforddictionaries.com/definitions/sleep)). Sleep is necessary for the body because a certain number of hours of sleep for the body varies throughout life. The average person spends one third of their lives sleeping. Sleep provides energy to our bodies, which we need to carry out our day. However, sleep prepares the mind, body, and soul for the mental, physical, and spiritual aspects of the day.

Sleep is important because resting is mandatory. Most people are overwhelmed with work, school, and other activities which drains the body and affect the appropriate hours of sleep. If the human body doesn’t receive the appropriate hours of sleep, the body will be affected and will not function properly and this may cause health problems. Not having enough sleep can lead to exhaustion which can affect how people think, react, and receive information throughout the day. Lack of sleep is very unhealthy to the mind, body, and soul.

Everybody has a certain number of hours that they should sleep in order to get a good night’s rest. A newborn baby need approximately twelve to eighteen hours of sleep. Teens need approximately eight to ten hours of sleep. The average adult need approximately seven to nine hours of sleep. As you can see newborn babies need more sleep than teens and the average adult. The appropriate hours of sleep decrease over the years as the body grows. Once the body becomes a certain age the appropriate hours of sleep is around seven to nine hours; however, anything below seven hours is unhealthy for the human body and its functionality.  
 The average person spends one third of their lives sleeping, which is definitely a lot compared to all of the other aspects of life. Sleeping one third of your life may seem lazy or unhealthy, but it is very necessary. The body needs sleep in order for it to be healthy. Sleep for the human body is like gas to a car. Getting the proper hours of sleep increases life expectancy. There is an old saying “If you want to live longer sleep more.”  The more sleep received the better the body functions.