How necessary is sleep?

Sleep is a very important thing in our lives. We as humans cannot go without sleep because, it’s a vital part in our health. We sleep about 25% out of the whole day. Studies have shown that going without sleep causes physical damage or psychological damage. Also, in the long run it can cause hormonal imbalance and other different kinds of illness. If you go without it to long it can cause death. The average adult needs 7-8 hours of sleep a day. Typically, adolescents and teenagers need about 10 hours of sleep a day.

When we are in sleep state a lot of important processing, restoration, and mental strengthening then occurs. Another role that sleep provides is to consolidate our memories and thoughts. Since our brain is always at work, and is constantly picking up on things, it gets to a point where it has to recollect itself. This will balance our muscles, tissues and as well as our hormonal balance. Your body rebuilds muscles you've worn down during the day and cleans away harmful plaques and waste that are produced in the brain.

Sleep is essential to regulating your emotions. In fact, studies have shown that being sleep deprived for just one night can increase your emotional response to negative feelings by 60%. Which then can cause bad days, and then can lead to other things such as depression, or bipolar illness.

Stress is the number one cause of delayed sleep. The more exhausted you feel the more you may be stressed. When we stress, our mind is constantly moving and racing. Since our minds are constantly racing, it will stop the ability for the mind to rest. This happens to many americans around the United States.