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Think of your body as a machine with tons of different features that operate each and every day. At different points in the day, especially the end, those features need a chance to recharge themselves. Sleep is important in recharging and healing your body after everything you’ve experienced within time. When you become fatigue it is a sign from your body to revitalize yourself to be able to increase your energy. Sleep is important for your body, health, and concentration.

Your body is a system of functions and motions that begin to go overworked and need to be settled. When you sleep it grants your body that neutrality to reboots its abilities. When you decide to resist sleep, keeping your body awake and going without it can cause many problems. You physically begin feeling weary and drained doing everyday actions as well as daily tasks. When you’re tired it becomes much more consuming of you to complete activities you are used to challenging yourself with. When you indulge in a reasonable amount of sleep, you are more prepared and able to make decisions for yourself and your health.

The amount of sleep you treat yourself to is directly connected with your health status. Sleep healthily restores your physical and mental health recharging your brain along with the rest of your body parts. When you’re tired you may notice that you feel weaker physically, but also mentally you’re just out of it. Your body’s natural functioning parts begin to grow tired along with your brain making you become inattentive to your actions. You can also cause problems in your substantial health as far as your immune system as well as blood pressure.

Sleep is without any doubt necessary for your body for many physical attributions as well as mental including your concentration. Concentration is fundamental to function in society on an everyday basis. You must be able to focus your efforts and consolidation on single qualities in, for example, a working environment like school or an office. It is important to be able to concentrate your surroundings like those as well as social settings. Although the brains focus is already scattered naturally, lack of sleep could alter that focus even more. Sleep creates an opening to allow your mind to rome freely so it becomes a little harder to resist that opportunity.