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How necessary is sleep?

Sleep is the foundation we need to build our day on. In order to have a successful day you need sleep or rest. We all need it in order to complete your day or even attempt to complete it. In order to grow you need sleep and it is good for your health. Good things happen when you sleep energy, growth, and good health.

Everyone knows that you need energy to accomplish a goal you had set out to achieve that day and in order to achieve that goal you need sleep. In order for your brain to process problems and situations with less complications you need sleep. Researchers have shown that a person with more sleep has less problems with solving a situation or have a better chance of figuring out the solution to a problem then a person who is sleep deprived. When you have a good night’s sleep you wake up more relaxed and at ease to take on the goals you have planned to complete. When you sleep more it is evident that you attain energy and that’s great because when you have a job you need all the sleep you can get in order to function and do well at the job.

When you get sleep you also get growth and that’s great. In order for you to grow you need sleep and a lot of it. When you were younger your parents told you all the time to get rest and go to sleep because you needed to sleep in order to grow to your potential. When you get a lot of sleep you also grow in your head and your brain functions a whole lot better with good sleep. When your brain is growing or processing things easier you can do so much more with less complications.

The last but certainly not least is when you sleep well you acquire good health. Health is the number one thing people try to get because you need good health to live longer or at least try. One of the things you get from sleep is curb inflammation which is linked to heart disease, stroke, diabetes, arthritis, and premature aging and all those things we can prevent if we sleep more. What happens when you sleep more is that problems or situations are less stressful to you and that’s great because you need less stress.

Obtaining more sleep is good for and you benefit from sleep. You need sleep in order to accomplish goals you have set for yourself. Situations are less stressful to you and you get more done. Sleep also grants you energy, health, and growth. Sleep opens the door to all of these things that ae good for you and are needed to be more successful.