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Why is sleep necessary?

Firstly, I think everyone should know that sleep is a very vital source of energy to our bodies. Sleep energizes us, releases hormones while we are asleep, helps us grow and recover from minor injuries. Sleep I think every teenager should want. Also adults especially if you do a lot of work during the day. Even during the day, a little nap can benefit a lot. That’s what I’m going to get more into detail of.

How does sleep help us grow? Well while we sleep there are 3 stages. The first stage is originally known as N1, in this stage it’s just our bodies trying to fall into that deep sleep phase which only lasts up to 1-7 minutes. The second stage is the phase where nerves go and notify the sleep spindles and that usually last up to 25 minutes, during this stage there is high voltage activity. The last and most vital stage is the third which is originally known as N3 this usually lasts up to 45 minutes and is commonly known as the “deep” sleep stage. In this stage the brain becomes less responsive to noises, disturbances, and anything of its surroundings. Why is this stage so vital? Well, during this stage the brain is recovering from the day before and also is the body and during this stage we grow by the hormones that are being released to help us do all these things.

Sleep deprivation is a huge deal ere in the united states and all around the world and thus is why sleep is actually necessary because even though people think it’s a luxury, it really isn’t. Lack of sleep affects us greatly and can also cause diseases that we may not know is happening to us slowly because we aren’t getting any sleep. The diseases that we can get by lack of sleep is diabetes, cardiovascular disease, and it also may cause obesity. There is an experiment that was done in Russia and this showed how sleep deprivation could be shown as a risk factor and why it is very important to sleep. The experiment was a 30-day trial of using a type of gas that would keep them awake for 30 days and this would show how their minds and bodies would be affected for the lack of sleep.

During the first 4 days they were fine and they stayed awake and they would talk about their past lives and after the 5th day they would start to complain and they soon became paranoid and stopped talking to one another. The first effect of lack of sleep. After the 9th day out of the 5 men selected for this experiment, there was couple of them that would just scream to the top of their lungs, until their vocal chords eventually tore this being because they couldn’t sleep even if they wanted to because of the gas experiment they had entered. The 2nd effect of not sleeping, becoming mentally unstable. After the 12th day of being in the experiment there was no longer any noise coming into the microphones and that caught some of the experimenter’s eyes, and the oxygen consumption still indicated that all five men were alive, and they decided to speak into the microphone and said their compliance would let one of the men free, but the men responded with “we do not wish to be freed”. This was the 3rd effect of lack of sleep, they were so done with their selves they wished to be kept awake whether then go out into the real world and get the sleep they needed, obviously shown that they no longer had mental capacity.

After the 15th day, since there was no type of responses from the test subjects, they washed all the gas out and soon filled up the room with fresh air and the test subjects begged for the gas come back. The test subjects were so unstable they even harmed themselves and they were barely living, their major arteries were showing. One of the men was bleeding to death from a spleen rupture and they tried to sedate him but even with 10x as more than a normal person needs of morphine he still fought and fought for “more”. Even after his heart stopped, and he eventually bled to death he was still screaming and fighting 3 minutes after this occurred. His body was so physically impaired and so was his find all because the lack of sleep for 15 days.

In conclusion, sleep is a necessity, your body and brain cannot function if it doesn’t have the right amount of sleep. You can either get a disease, have lack of attention span, can become mentally unstable if you haven’t slept enough, and you can also become very paranoid of everything around you. Sleep is not just a luxury because may people take advantage of what is needed. According to the Russia experiment, sleep deprivation can end people, either mentally or physically.