Joshua Hammond

English 1102

Frederia Sampson

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Is Sleep Necessary?

What exactly is sleep? This is a process for the brain and every muscle in the body to take a rest for a little while. However, the brain’s function isn’t completely resting as the body would die if it was. While a person sleeps, the body is repairing itself which is very beneficial to long-term survival. On the other hand, going without sleep can render the mind strained and unfocused because the lack of sleep keeps it from repairing itself. Therefore, sleep is very necessary for the human body.

We all need sleep. With sleep, comes maintenance for the body and mind. This provides us a way to be fixed and rest. The rest allows the muscles to slack for a chance to recharge. The mind is really the one thing in the body that really benefits from sleep. During the day, the mind is bombarded with constant details and images of the surroundings and other things that happened. When the mind is at rest, during sleep, the images and details are sorted through into long-term and short-term memories. In that way, the mind is able to relax and restart for a new day and new memories.

Going without sleep for a certain period of time is very lethal. Without the chance to rest and recharge, the body and mind will start to deteriorate. The mind will stop functioning at normal capacity and certain abilities will stop working. The body will feel really tired as the muscles are aching from constant use and no long-term rest. If the entire body were to go really long without sleep, the body will shut down immediately as there are too many damaged areas for the brain to comprehend. This will ultimately result in death.

In conclusion, is sleep really that important? The answer would obviously be yes. There are too many benefits for sleep. The body can rest and the mind can recharge. Without sleep, the body and mind begin to deteriorate to the point that death is inevitable. Therefore, we can all agree that sleep is necessary for the survival and good health of the body.