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How necessary is sleep?

Being tired can really take a toll on you. You find yourself having trouble going about your day. If you get enough sleep, you will not be so drained. Sleeping is necessary because it restores your energy and changes you mood.

When we become too tired, we become lazy. We do not want to do anything but relax. You do not find yourself quite active and energized as usual. Some things may become difficult to do because you cannot focus. Getting enough sleep will help you become more alive and aware. You will not be so drained. You will be able to go through the day with more of a glow.

Sleepy people are grumpy people. When we do not get enough sleep our whole mood can change. Some people even get a little out of control when too tired. If you get all the rest you need, it would make you feel a lot better. This even contributes to the stress people can get while too moody.

So you see, sleeping is very much necessary. It helps with most problems such as restoring energy and mood changes. Everyone should get enough rest to be healthier and more alert in order for better days. With more sleep, you guaranteed to have a productive day. Do you think you can be fully active with no sleep? It is impossible! Get some rest because you have to; it is necessary.