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Diagnostic essay

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How necessary is sleep?

Sleep is very necessary when it come down to a person behavior. Many people that do not get enough sleep are sometimes cranky or even sometimes have bad mood swings and can be very offended. Everyone that do not get enough sleep can sometimes be very ill. Just like early mornings dragging getting up out the bed that is how it feel when you do not get enough sleep. Sleep is a very important thing, and everyone needs just the right amount of sleep. No one wants to be cranky every day and exhausted about not getting enough sleep. Eight hours a day is an enough amount of sleep a person can have.

In most cases some people have sleep apnea and cannot go to sleep at night. All people do not go to sleep at night sometimes it’s because of their breathing and they can hardly breath at night. Most people feel that sleep is very important when they get a lot of sleep but most people that do not get much sleep at night have a dreadful day the next day. Everyone that have dreadful days always come from not enough sleep at night and not enough energy. If everyone could get enough sleep at night they would feel a whole lot better the following day.

Getting enough sleep can be very relaxing. Feeling good everyday you wake up knowing you have enough energy to move around and go longer every day. The energy you get from a good night sleep will have you feeling like you got the best sleep of your life. All sleep is the best sleep knowing that you can sleep all night and wake up refreshed. When someone sleep all day and all night and do not have enough energy during the day is not a good thing. When one het enough sleep at night and be energetic during the day, that good night rest is the best sleep ever.

Waking up with a lot of energy is the best feeling and no one cannot take that sleep away. When that good night sleep has you feeling droopy and lazy the next day, that means one did not get enough sleep. When one wakes up in the morning and feel better with a lot of energy and ready to get the day started that mean one has got enough sleep. Getting that sleep can be the best sleep of your life. One feels that a good night sleep can be the one sleep you can get because the day one can be very busy.