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How necessary is sleep

Sleep is very necessary, because it just important as exercise and eating healthy. It is the number one subject to great health. No one can not have great health without sleeping like your suppose to. Everyone sometimes think sleep is a time where the brain and body shuts down , but in reality that is when the brain is very active. Sleep is very necessary because it’s the most special requirement for the human body to function correctly, for example like it rebuild lost muscle ,repair damaged body parts. As we start aging we can get less sleep because we aren’t developing as much as little children.

people who sleep less has a major increase in weight gain and obesity for adults and children. People that don’t sleep usually have a big appetite, and eat a lot of calories. When someone does go to sleep like they are supposed to they tend not to eat a lot of calories. A person that have poor sleeping habits mess up their hormones that regulate your eating appetite , because sleep and metabolism are controlled by the same part of the brain. Basically without sleep your appetite tends to increase.

Less sleep or too much sleep can shorten your life span, and if you are sick and it can affect your sleep patterns also. Good sleep improves the immune system. It helps fight off bacteria when someone is sick. For older people who are between fifty to seventy nine that sleep less than eight hours tends to have a higher death rate than others. If a person sleep better at night can really live better. Most people that fall asleep during the day can cause road accidents, because it affect their driving ability.

That it is very necessary for everyone to get sleep. Most of us as people we tend not to take sleep for granted, because we don’t know how important sleep is. With sleep it helps our body feel better and also so it can function properly. Some people may want to increase a better sleeping habit to have a healthy life.That is my way of explaining how sleep is necessary.