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Sleep is Necessary

I get it, people are busy, so sleep isn't as important to probberly the next person. You might have classes that you have to study for so you can make sure you do great on your midterms, have a job that takes up most of your day or have a big family back home. All this can affect your daily routine for you not to function the way you should be.And you can’t go on with your busy day with insufficient amount of sleep. Getting the right amount of sleep is extremely necessary for you to have a productive day.

A person can not fully function without having the right amount of hours of sleep. Sleeping is a big essential to life, Study shows that “adults need 7-9 hours of sleep per night, one-year-olds need roughly 11 to 14 hours, school age children between 9 and 11, and teenagers between 8 and 10.”Without having sleep can affect your daily lifestyle. Lack of sleep can grow into depression this is exactly why sleep is necessary.

Sleeping help rejuvenate the brain. It helps restore and retain information. Studies from national sleep foundation tell us that that overnight that some of your short term memory will transfer to your long term memory. The thing is sleep is like a reset button. When you wake up your body is supposed to feel relaxed and refreshed and ready for what the day is about to bring. If you don't get the right amount of hours of sleep. Your body may result into a shut down or and exagustion where you may not be able to think right. Do what you have to do right. Which is why sleep is

The website BBC tell us that scientist “During the day brain cells build connections with other parts of the brain as a result of new experiences during sleep important connections are strengthened and unimportant ones are pruned”.It makes the person feel better, gives them more energy. Make the person even happy. When a person dont have that it can be jeopardized. Lack of sleep can grow into depression without having the right amount of sleep it could affect the way your body cells react.

People don't understand how much sleep is important it can causes accidents if you dont get . That is probably one of the most dangerous thing to do is to drive when tired. It can also cause bad health to yourself like heart disease,Heart attacks, Heart failure, High blood pressure and even diabetes. This is why sleep is very necessary