Sleep is the act of going to be for a certain number of hours in the night to help rejuvenate your mind and body. Sleep is very necessary to one’s health, it helps people grow. Taking a nap during the day for an hour or more is the same as sleeping because it helps you relax. “The best way to study is to take 15-20 minutes nap first” this saying is very common, before studying taking naps helps prepare your mind for the information and makes it easier to remember. Sleep is necessary because it helps with relaxation, health and information processing.

According to doctors, sleep is very important especially when people get 7-9 hours of sleep per night. 7-9 hours of sleep makes a person relaxed and ready for the day ahead. In the world of social media, teenagers get 3-4 hours of sleep per night which is very bad. Teenagers would stay up all night on their phones checking Instagram, Facebook, twitter, snapchat and so on till 4am in the morning and this is a continuous thing (every night). Teenagers that are in college should get at least 7 hours of sleep per night to prepare them for classes, avoid drowsiness during the day. This is one of the reasons students sleep in class and don’t pay attention.

Sleep doesn’t just make you relaxed, but it also helps keep you healthy. As a nursing major, I know that the human body rejuvenates at night (12am); while we sleep the human body processes nutrients, vitamins and so much more to help us grow. When people are sleep derived they tend to be stressed out which leads health problems such as depression, fatigue, grumpiness, anger issues, poor appetite, mood swings. People who get stressed out from not sleeping tend to have health problems and can fix the problems only by therapy, taking medication to help them sleep. Once a sleeping schedule is messed up, its difficult to start over and make it correct.

Sleep also helps to process information correctly. People learn new thing every day and all that information needs to be processed in other for us to remember. For example, a person who has an exam the next day need to get a lot of sleep before their exam, so that their mind will be refreshed and ready. But people who study all night before their exam tend to forget easily about what they have ready because they didn’t process the information and refresh and their memory in their sleep. That is a major problem with most kids or teenagers that’s why its good to advice a kid/teenager day before their exam to go to sleep early at night, so they wake up refreshed and ready.

People should know the benefits of sleep. After a prefect nap, you would wake up feeling happy, you would smile more and enjoy breakfast better. People who do not get enough sleep at night tend to be forgetful, clumsy, depressed and angry. If everyone makes the right decision to put at least 7 hours of sleep per night into their busy schedule, it would not only improve their health, it would make them relaxed and rejuvenated, it would make them access information correctly with forgetting anything important.