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**How necessary is sleep?**

Sleep is a condition of body and mind such as that which typically recurs for several hours at night. Most of us know that we need eight hours of sleep to get a good night sleep. Sleep plays an important role in our physical help also . It helps with stress, weight loss, learning, and much more. Sleep is where the body and mind is repaired.

The brain and body function in different ways while you’re asleep, and awake. Young children are suppose to sleep for ten to eleven hours, and for adults, it is seven to eight hours of sleep per night. Teenagers tend to stay up all through the night, and are not prepared for the next morning. If you wish to enjoy a healthy lifestyle, sleep is necessary or else you will be surrounded with a number of health troubles.

Loss of sleep is a common problem in our society, affecting many people. Lack of sleep can lead to obesity, emotional difficulties, heart disease, high blood pressure, and etc. Lack of sleep can also cause you to have accidents while you’re driving. Sleep promotes a healthy brain functioning and emotional well being. When you sleep, the brain is able to commit new information to the memory. Sleep determines an individual's mood. Sleep loss may leave you irritated, angry, and very moody.

It is important for people to realize that sleep deprivation is a growing problem and that it can cause serious health problems. Many people tend to take this lightly and not pay any attention to how much they are sleeping. It not only has mental and physical effects on ourselves, but in many ways it can negatively effect the lives of other people.

Work Cited

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