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How Necessary is Sleep

How necessary is sleep? Without sleep we will not be able to perform out daily activities. If we are not able to perform those activities such as going to school, going to work, and paying attention. Normally you are told to get at least eight hours of sleep every day, but sometimes I don’t and when I wake up I don’t feel as energized as if I would have if I got eight hours of sleep.

Without sleep you will not be able to make money to provide for your family. How will you be able to work adequately if you don’t sleep. You need to be energized to perform any task. Without it you won’t be able to do anything but sleep. Normally will feel drained and won’t feel like doing anything.

Also, the lack of sleep can also cause high blood pressure and worsen your overall health. Without sleep you may also become dizzy out of nowhere. Your body won’t have the rest it need your organs will constantly be working with no rest. If it was meant for the human body to have no sleep all stores would be open twenty-four hours. Unfortunately, the are also some diseases that make you unable to sleep.

All in all, there’s obvious proof that sleep is necessary, but sometimes you’re not able to get enough sleep. Only serious medical issues occur when you don’t get enough sleep often. There has been at least one time you didn’t get any sleep or barely any. Sleep is the biggest necessity of sleep.