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How necessary is sleep?

Sleep is taken for granted and misunderstood by most people. We as people just think that our body can work properly without sleep, but it cannot. Not giving your body, the proper rest could bring serious health issues or even death. Sleep is just as important as food and water. Sleep gives your body time to rejuvenate and be able to function.

When not being able to get the proper rest, your body is not as alert to things as it should be. The way your brain functions is based off the amount of sleep you get. Your brain is the control center for your whole body, if it’s not well rested you won’t be able to efficiently function. Not giving your brain resting time can cause other issues with your body such as having an appetite issue, hormonal balance, and a confused immune system. Sleep deprivation also can cause other chronic health problems like high blood pressure, stroke, and diabetes.

People that get more sleep tend to perform better at memory tasks and receiving information. Sleep is also very important because this is the time your body restores everything and gives you strength to be able to function. The restorative part of sleep has to deal tissue growth, tissue development, and restoring the brain. The brain needs this process to take place while your body is reenergizing its self. Your brain takes this energy and gives it off to your body.

As a Human being you should be more considerate of your body. Give your body the rest and sleep it’s asking for. Don’t keep pushing yourself to keep going and your body is tired. Understand to stop and think about your health. Sleep is very necessary for the body without it you wouldn’t be able to function.