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**How necessary is sleep?**

There are plenty reasons why sleep is important. One reason is because sleep restores your brain. After a long day, your brain needs to rest. As humans, doing different activities can make us tired so that’s just like our brain. It’s been working from the time you wake up all the way until you go to sleep. If you don’t go to sleep it’s not healthy at all. Also when your sleep, your hormones are growing. If you continuously stay up and don’t sleep it’s could grow but it would be a slower process than what it would be if you were sleeping.

Second reason why sleep is important is because it decreases obesity! When your awake and up all night without sleep, you tend to eat more. You eat for no reason. You eat just because your up probably bored. The lack of the sleep could cause behavioral problems such as ADHD. When your sleep, all of your memories come today from what you have learned throughout the day and it is stored for when you need access to it. Sleep can also affect kids in school. If kids don’t get enough sleep or sleep at all, it could affect their behavior and actions at school.

Being an athlete you need to have as much rest as you can get. You won’t function as well as you would if your were to get a good rest. For example, study shows that a basketball players reaction time, and speed is improved when well rested. People that doesn’t sleep or lack sleep had a higher chance of getting heart disease or having a stoke. From experience with myself, I feel more refreshed and energized when I get a good amount of sleep. I have a horrible sleep schedule. I stay up all night and wake up late. Since I’ve been in school it’s been better but it’s not where it should be. You should only get 7-8 hours of rest. I know you would probably think that getting so much rest is good but it’s actually not healthy, as well as getting too less of it.

Have you ever heard of sleep paralysis? Have you ever experienced it? Well I have. It happens when you sleep on your back. It’s one of the scariest feelings I’ve ever experienced. The story behind it is the devil is riding your back. You go to sleep and you all of a sudden feel a weight on you. It’s impossible to get up when your going through this. You wouldn’t be able to speak correctly either, it would just be you making noises. It seems like you in it for so long but normally it’s only going on for a minute or two.

Sleep is a very important factor in your health. That’s something that you need for you to live a log healthy life.