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How important is sleep?

Is getting enough sleep really necessary and needed to perform our everyday tasks? Some may agree and say sleep is necessary and others may not. Lets think back and reflect on how our day will go if we don’t get enough sleep the night before, we may find ourselves irritated, frustrated, cranky, or even tired. Now lets reflect on how our day will go if we were to get enough sleep and slept good the night before. We find ourselves being more productive as usual, a good attitude, more energy and enthusiasm about our day, mind open to new things and more. Just by reflecting and comparing how our day will go depending on if we got enough sleep or not says a lot about sleeping and how important it is for us to get enough sleep, not just some days but every day. Sleeping plays an important role in our physical and mental health, and also improves our memory and thinking process overnight, so how important is it really for us to get enough sleep in?

Not getting enough sleep can cause numerous of problems with our physical and mental health. Not getting enough sleep can automatically cause problems with our cardiovascular system. This is one of the main health problems people face because of lack of sleep. Sleep helps maintain our heart rhythm and repairs our blood vessels, and because of sleep loss our body doesn’t receive or function the way it needs to. Not receiving enough sleep also interferes with our eating choices, we tend to crave more high fat carbohydrates than normally and that itself increases our blood sugar levels and put our health at risk. While sleep deprivation can cause physical health problems it can also cause mental health problems.

When we don’t receive as much sleep as we should it begins to affect our thinking process and how we go about handling and completing certain tasks. Sleep deprivation can cause different effects on our brain such as our alertness and attention, exhausted, and delays in our body signal. Our body and brain doesn’t function properly without enough sleep and we begin to realize a reduce in our coordination skills and we tend to work harder when it’s not necessary all because of lack of sleep. Sleeping plays a huge role in our brain and allows our brain to grow, that’s why when waking up from a good nap we feel better than we did before taking a nap.

Did you know the best way to improve our memory is by sleeping? We take in and learn new information everyday but who’s to say were going to remember everything. While getting a good night’s sleep in our brain gathers information and store it in a different region of our brain allowing us to remember it long term. Not only does the brain process information while were asleep but being asleep and getting enough sleep brings on more and new ideas. So, while sleeping the brain works more efficiently and better us when we wake up.

Getting enough sleep at night is very important and plays a big role in our every day lives. Without sleep or enough sleep we can’t work at our full potential and also the brain wouldn’t be able to work efficiently as it needs to. If your body feels drained and is telling you to go to sleep its best for that to happen. Ignoring and fighting your sleep will only cause more problems later in the future.