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Why is sleep necessary?

Sleep is extremely important to the human body. The maximum amount of sleep should be between 8 to 10 hours but some people prefer 6 hours. Although billions of people in the world does not get the proper amount of sleep. I did a survey and asked a few people their opinion on why they thought sleep was necessary and the answers were very similar. The number one reason was that the proper amount of sleep leaves a person more energized the following day. Secondly sleep is necessary because a person is able to focus better the next day. Thirdly, when rested the mood is so much more pleasurable. Finally, when rested you are able to think more clearly.

It's almost like your body can tell when it has been rested because the body just has this burst of energy. Sleep makes the body feel better but it goes way beyond just making you feel better it makes your body healthier and I think all of us want a healthy body. Why not get the proper amount to sleep to maintain a healthy body? The proper amount of sleep gives the heart that well needed extra boost. The sufficient amount of sleep is a pivotal part to a healthy lifestyle.

This may be surprising but the brain is still working as we sleep. I found out something interesting from one of the people that I surveyed, he mentioned that when trying to learn something, he reads the material and sleep on it and normally he picks up on what he was practicing almost immediately. So he was basically saying if you are trying to learn something, no matter what it maybe it will be exercised better while sleeping. Sleep improves the memory drastically. Sleep is necessary.

Have you noticed when a person is getting the proper amount of sleep they're more bubbly? In my workplace I can almost tell who's rested and who's not because of the attitudes. I notice who has not had sleep due to the lazy eyes and mainly by the baggy eyes. I believe not getting the proper amount of rest makes a person look older and beat down. Sleep affects the quality of life.

Finally when rested the mind is able to think more clearly. Have you ever seen a person that cannot get it together, whether it's losing keys, locking keys in the car, forgetting to pay a bill, forgetting hair appointments or whatever the case maybe, does that make you wonder, how much rest has that person gotten. That brings me to the point that sleep affects the quality of life. Sleeping better equals living better. So let’s try to remember the importance of sleep.