Why Sleep is Important

            Programming our body to sleep at a dedicated time every night has been something most people have been making as a low priority. Many people nowadays are too busy with work, running errands, taking care of their children’s needs, focused on school work and many other things in life that they fail to realize what effects it has on the body. The purpose of sleep is to obviously rest, and also for the body to recover and repair itself. Hence, lack of sleep eventually becomes a problem because of increase in health risks such as hypertension, stress, anxiety, memory issues, and immune system.

            The purpose of sleep is for the body to recover and repair itself for needed energy to carry out daily living activities. Just like a battery needing to be replaced or recharged prior to being used, the body also needs to be recharged by resting. Once the body feels well rested, it can then resume carrying out daily life activities.

            People of all age groups are lacking the recommended sleep hours of sleep per day. According to the National Sleep Foundation, certain age groups are recommended a certain number of hours of healthy sleeping. For example, children ages two years old and up are recommended to sleep at least 15 hours per day, and adults are recommended to sleep at least 9 hours per day. Children of school ages and adult of all ages are the ones affected by the lack of sleep and is reflected through the focus in school, work, and behavior. The behavior of the sleep deprived individual varies as some are struggling to stay awake and thought process becomes unclear.

            Sleep serves a different function for infants and young children. Children are needing to sleep long hours because it will directly affect the outcome of their mental and physical growth and development. Parents ensure that their young children establish a calming bedtime ritual at least an hour before sleeping and fails to do the same for themselves. If the bedtime ritual is a good process for the children, then it is also good for the parents or adults.

Having a bedtime routine is a good way to practice sleeping healthier. Routines for a good night sleep should include cleanliness in body hygiene, oral hygiene, changing bedsheets, dimming the lights down, and avoiding late night meals and caffeine. Not having a bedtime routine will cause a person to have a difficult time sleeping.

            Many people are not getting enough healthy sleep due to having a busy life and not successfully prioritizing sleep. People have gotten used to racing against time and completing tasks for the day to a point where they have forgotten to schedule a downtime for bed. The body will eventually feel overworked and “pass out,” however this is not a healthy way to sleep.

Flash Essay:

Sleep is important role of our physical health because it helps reduce health risks.

            (Lack of sleep is a problem because it prevents the body to restore energy).

1: Why people do not get enough sleep and why it is a problem.

2: Sleep is when body rest, recovers and repairs itself, hence the decrease of health risks

3: Sleep deprivation interferes with work, school, relationships and behavior issues, such as irritability.

4: Everyone should practice sleeping more with the recommended sleep hours (resolution for lack of sleep).

So far this is what I have. I will be continuing my essay with a more thorough research on my subject and topics. I have several articles to read through to collect my facts from that I want to use for my essay #3.

*611 words*