

Snooze!

Can you imagine going a day without sleep? I don't know about you, but I will go delusional. Sleep is one of the most essential things a human needs in their lives. An adult needs an average of 8 hours of sleep a night. Lack of sleep may lead to irritability, excessive sleepiness, or worse, health conditions. In this essay, I will be discussing the different benefits of sleep and why I enjoy it so much. Sleep ensures the body's mental wellness, helps maintain a healthy and decent lifestyle, and it creates an escape from reality.

Different processes that occur during sleep helps ensure healthy brain activity and maintain good health. According to the the British "Times of London" and "Telegraph", researchers at UCSD believes that an average adult brain is inundated with an equivalent amount of 34 GB of information which by the way is an adequate amount to overload a laptop within a week (Andrea, H. 2019). Sleep allows the brain and body to slow down for recovery to promote better mental and physical performance for the next day.

Living a healthy and decent lifestyle can be maintained in many ways. Having enough sleep each night plays a big role in physical performance. Athletes are perfect examples. Athletes that do not get the quantity or quality of sleep are statistically less likely to perform at their best. Studies show that sleep benefits athletes by improving their reaction time, reducing injury risks, and improving decision making.

As a middle-class adult, I work a full time job, attend online classes full time, try to have a social life, and deal with my personal life. After getting off of work or finishing my school assignments, I go on doing chores, or take care of bills. What I'm trying to say is, being an adult can sometimes be exhausting. What more if I have children or pets! At the end of the day, my

mind and body gets so tired, it wants to shut off. Sleep is the perfect way to heal the mental and physical exertion.

Overall, sleep is something to take advantage of. In order for the body to function properly and productively, we should have a good amount of sleep. It ensures the body's mental wellness, maintains a healthy lifestyle, and it creates an escape from the real world. So, next time someone tells you, "you woke up on the wrong side of the bed," make sure you get plenty of sleep that night.

References:

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