Sleep is an important bodily need that many people disregard. It is common especially for younger people to stay up late at night. In fact, some people prefer to be active at night. This is alarming considering how important sleep is for the body’s function and recuperation.

Some may think that our body is just stagnant during sleep, but in fact, the body, especially the brain is highly active. During sleep the brain processes all the information that it came across the entire day. It stores important things and disregard trial information. During sleep the neurons on the brain also take the time to repair itself.

These are just few of reason why sleeping the correct amount each night is vital for a healthy mind and body. Young children under the age of 17 needs an average of 9-11 hours of sleep each night, while adults under the age of 65 can function with 6-8 hours of sleep, older people over 65 years old on the other hand, needs 7-8 hours of sleep a day.

There are numerous benefits in having a good sleeping pattern. Sleep preserves the good function of the cardiovascular system. Sleep deprivation is associated with elevated blood pressure and cholesterol levels which are the leading causes of cardiovascular diseases that can lead to cardiac arrest, stroke, or heart failure. Sleeping helps the body regulate itself. Believe it or not the human body is self-regulating and can repair itself. Sleep also helps in reduce the risk of developing chronic illness like cancer. But not everyone has the privilege of being able to sleep at night. People that work in the graveyard shifts are more exposed to artificial lights which reduce their melatonin levels. melatonin is a hormone produced by the body which standardizes the sleep-wake cycle, these hormones
are also believed to protect healthy cells from cancer and withhold the growth of tumors. This is the reason why it is advised to keep lights off during sleep.

Have you ever observed that when you do not have enough sleep, you wake up cranky and irritable? This is because reduce stress which promotes better mood and disposition. It best compared to when a device, say a phone, is almost out of battery, it starts to alert the owner by flashing low battery notifications, it lowers the brightness of the screen and some functions like flash totally shut down. Stress is that notification.

Poor sleep is also associated to high body weight. In a study abroad, it showed that children and adults with short sleep duration were 89% and 55% more likely to develop obesity, respectively. Insulin production is also related to proper sleep because these hormones are produce while the body is in slumber. Having good amount of sleep can reduce the risk of depression also due to hormonal balance.

For students appropriate and sufficient sleep is vital for their growing minds and body. Proper sleep also promotes better focus and sharper memory. With complete slumber especially at night, kids are more likely to learn faster and better.

Sleep also improves the bodies immunity and makes it less susceptible to disease and viruses. This is greatly relevant especially during the pandemic when there is a potent and possibly fatal virus going around.

Proper sleep combined with a complete diet and exercise is the key for the body’s optimal function. Is when the body assesses itself and heal the damages that we unknowingly attain. It is an important process that we should never deprive ourselves with.

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