WHY IS SLEEP IMPORTANT?

by:
Ermina B. Santisas
Teacher I, Legua Integrated School, Orani, Bataan

Is there anyone got asleep in the middle of your class? Do you know the reason why he or she fell asleep?

According to Webster’s dictionary, sleep is the absence of wakefulness or the loss of consciousness of one’s surroundings.

Sleep plays a big role in acquiring good health as well as to gain well-being throughout life. It helps to protect the mental health, physical health, and safety, through getting enough quality and quantity of sleep.

Sleep helps the brain to work properly. While a person is sleeping, his brain is preparing by forming pathways to learn, and to remember information.

On the research study of Fenn, et al. (2003) shown that sleep facilitates consolidation of memory. Generalizations of learning that happened at any time throughout the day, are refined and stabilized during sleep.

Derex (2019) said, consolidation of memory is the process of encoding of new information, allowing the transformation of interference-sensitive memory traces into a stable representations.

References:

https://www.merriam-webster.com/dictionary/sleep
https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency
https://www.nature.com/articles/nature01951#citeas