

## Sleep

Sleep is essential for human functioning – as essential as food and water. We literally cannot live without it. More importantly, getting enough sleep is critical for a wide range of human activities. For the average person, failing to get at least seven hours of sleep can result in high blood pressure, diabetes, mental disorders, and obesity – not sleeping enough can actually make you gain weight!

[www.englishtreasure.asia](http://www.englishtreasure.asia)

For children and teenagers, sleep is when the body and brain grow and develop. A childhood without enough sleep can cause a person to be shorter, smaller, and less intelligent as an adult. One thing that many people – both children and adults – do not appreciate is that sleep is also when long-term memories are formed. This means that anything you learn during the day is sorted and processed while you are asleep. If you study hard but do not get enough sleep, you will lose much of what you learned by the next day and simply have to study it again. Staying up too late in order to study is thus a waste of time and effort, in addition to being unhealthy and fattening.

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What can happen if you do not get enough sleep?

[www.englishtreasure.asia](http://www.englishtreasure.asia)

What will happen if you stop sleeping completely?

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What happens while you are asleep?