

Sleeping

[Health & Medicine](#), [Body](#)



A natural periodic state of rest for the mind and body, in which the eyes usually close and consciousness is completely or partially lost, so that there is a decrease in bodily movement and responsiveness to external stimuli. During sleep the brain in humans and other mammals undergoes a characteristic cycle of brain-wave activity that includes intervals of dreaming. (medical dictionary) sleep: a natural and periodic state of rest during which consciousness of the world is suspended(tuition . com) There are over 20 definitions of " sleep" in several dictionaries. The first, a verb, seems most appropriate: " to take the rest afforded by a suspension of voluntary bodily functions and the natural suspension, complete or partial, of consciousness; cease being awake. The recommended sleep dose for teenagers is anywhere between 8. 5-9. 25 hours. This is enough time for your body to recuperate and prepare itself for the day to come. Any amount under or above can be detrimental. Obviously under-sleeping leads to exhaustion and can also cause other health problems and weakens your immune system so you are more likely to get sick. Over sleeping causes chemical releases in your body to get messed up and also for certain chemicals to not work until you are awake. This can cause for things such as a slower metabolism. So obviously, sleep isn't just necessary to keep your energy up, it is also used by your body to take time and recuperate from the previous day. Allowing for your body to go through the complete sleep/REM cycle multiple times allows for your sleep to be best used by your body, but of course going through the cycle more than the necessary times can also hurt you. So when someone says get eight hours, they mean eight hours!

posted on February 5th, 2009 by Becca Sleep is a very important process

and is characterized by a stereotypical posture, little movement, and a decrease in response to stimuli. These characteristics might also describe coma, but in sleep,...