

---

Subject: Re: Why Is Sleep Needed?

Posted by [rarerat](#) on Sat, 14 Apr 2018 08:54:09 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

I think sleep is needed to keep the organism functioning efficiently and alive. Sleep-deprived people have disruptions in their biological processes. Lack of sleep is worse than stress for creating such disruptions.

---