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Subject: Re: Why Is Sleep Needed?

Posted by [SamW](#) on Mon, 23 Apr 2018 14:40:09 GMT

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I'm not really sure why we sleep - although I've learned a lot from the replies above. Sleep is a very weird thing to do, isn't it? If we have fulfilling and interesting days, why do we allow ourselves to become unconscious and paralyzed each night? I can understand sleep after a boring day. But it does seem to be such a waste of time.

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