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Subject: Re: Why Is Sleep Needed?

Posted by [Becky](#) on Sat, 25 Oct 2025 12:18:50 GMT

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George wrote on Mon, 20 October 2025 03:28Nouri wrote on Fri, 31 March 2017 12:52There are many different answers to this, and most of them are probably true. But what is your own personal opinion of why sleep is needed?

I sleep because it helps me feel better each time that I wake up. There are chances of one developing one sickness or another if they fail to sleep for days. Also, the death rate would worsen as long as more people have the power to skip sleeping. So, for these reasons, I believe sleep is very important for good health.

We can only be better if we have a sound sleep. The first sickness I used to have if I didn't sleep well is headache. There's this strong headache that I will have, it will look as if my head is going to go off any minute that I bend. I decided to start enough sleep in order to avoid such happening again.

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