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Subject: Why Is Sleep Needed?

Posted by [Nouri](#) on Fri, 31 Mar 2017 17:52:38 GMT

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There 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?

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Subject: Re: Why Is Sleep Needed?

Posted by [Wayne Parham](#) on Fri, 31 Mar 2017 22:20:25 GMT

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I know your digestive system rebuilds during sleep. Not sure about other body systems, but I would assume it's true for all parts.

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Subject: Re: Why Is Sleep Needed?

Posted by [gofar99](#) on Sat, 01 Apr 2017 20:48:32 GMT

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Hi, It keeps me from getting hungry at night. Also not wearing out my key board because of excessive use.

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Subject: Re: Why Is Sleep Needed?

Posted by [Lark](#) on Mon, 03 Apr 2017 22:08:54 GMT

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I heard that when we sleep that is when our 'soul' goes back to replenish itself from the one 'source of all things'. I guess another way to put it would be to say that when you're sleeping you're actually off to visit 'God' that's why you're not conscious or 'alive' during that time.

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Subject: Re: Why Is Sleep Needed?

Posted by [Ssal](#) on Sun, 09 Apr 2017 20:32:09 GMT

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I've never actually thought of it that way, but that is certainly an interesting point of view worth looking into. I always assumed that our bodies are resting and repairing during that time.

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Subject: Re: Why Is Sleep Needed?

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Posted by [Rockman](#) on Wed, 15 Nov 2017 11:31:24 GMT

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Well, if you don't sleep, ever, you can die from that. It is extremely rare and I think it has been only documented in humans in cases where it was a specific syndrome that causes inability to sleep.

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Subject: Re: Why Is Sleep Needed?

Posted by [Pique](#) on Wed, 22 Nov 2017 09:33:39 GMT

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I think that the body doesn't really need to be asleep in order to rest or repair itself. I believe that the purpose of sleep is to replenish our mental energies. Of course I could be wrong, but I've found that in my life, the more in tune with myself I am (happy, passionate about something, eager to get on with my day every morning, and so on) the less sleep I need. Some nights I only go for 3 hours and yet the next day I'm as fresh as a daisy, ready to go again!

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Subject: Re: Why Is Sleep Needed?

Posted by [Kitt](#) on Wed, 29 Nov 2017 17:08:31 GMT

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It's amazing that almost everyone has their own viewpoint when it comes to why sleep is necessary for us, but I think that the answer lies in all the different views expressed here.

I think it all depends on what you believe, which means that if you believe that you need 8 hours of sleep a day, but try to get by on 3, then you will undoubtedly have a problem. But if you are sure that you only need a couple of hours of sleep each night, then that is enough for you!

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Subject: Re: Why Is Sleep Needed?

Posted by [johnnycamp5](#) on Sun, 07 Jan 2018 16:02:11 GMT

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I always felt we rebuild/recuperate when we sleep.

We are physical beings, so complete rest (sleep) is necessary, regardless of whether we are talking mental or physical, since they are connected.

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Subject: Re: Why Is Sleep Needed?

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

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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

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creating such disruptions.

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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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Subject: Re: Why Is Sleep Needed?

Posted by [Rusty](#) on Sun, 17 Jun 2018 15:03:40 GMT

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Well, sleep is an evolutionary, biological necessity. There are people whom can get by with a minimal amount, but sleep is a regenerative process. I dig it. I've always felt if dreams could be recorded for later viewing. A lot of peoples problems could be diagnosed and insight into potentials could be realized. Probably too, much of them would be hilarious and ridiculous too.

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