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?

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.

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.

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.

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.

Subject: Re: Why Is Sleep Needed?

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.

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!

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!

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.

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

creating such disruptions.

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.

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 evolutional, 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.

Subject: Re: Why Is Sleep Needed?
Posted by George on Mon, 20 Oct 2025 08:28:55 GMT
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Nouri 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.

Subject: Re: Why Is Sleep Needed?
Posted by Becky on Wed, 22 Oct 2025 09:30:18 GMT
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From the holy book, we were told that God rested on the seventh day. I will call that sleeping because he has been working from day one to day six to get everything right. So for us, we needed sleep because we need to be refreshing for a new day, relaxing our weak bones to get better, rebooting every places that needed to wake up.

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.