

How do you know if you are Fully Rested?

By Kayla Hickey

Why sleep is such an important essential to the body

When sleeping people never realize the amount of time they are supposed to sleep to be fully rested. It was told if you multiplied the average recommended hours people should sleep in a day the answer would be around eight hours of sleep. It is a general fact that only 21% of Americans sleep the recommended amount of eight hours. Sleep has been pushed in the adaption of humans for several generations which is why scientists believe sleep is such an important thing because if we really didn't need we it wouldn't have been carried out for so long.

It has been scientifically proven that sleep is an important part of how all the organs in your body function properly. Even though the recommended amount of sleep as you get older. Life changes and you sleep schedule will adjust causing you to either get to have more sleep.

The idea is to every day get an average of eight hours of sleep. Studies in the United Kingdom and Italy have analyzed that people who have had an average of eight hours of sleep helps manage your appetit, helps your immune system function, helps to better your memory and lastly decreases your chance of disease.

Another study that was was proven to support that people need eight hours of sleep is in 1938 an experiment was being run by the sleep researcher Nathaniel Kleitman. Researcher Kleitman and one of his students spent a total of 32 days in Mammoth Cave which is located in Kentucky. This cave is so deep, dark and long. When they looked over their sleep patterns they saw that they slept from eight to eight and a half hours per night.

Now that everyone knows how long an average human has to sleep and the benefits of sleeping for an average of eight hours, we need to talk about sleep deprivation and how much sleep a person can get away without having an effect on themselves from a lack of sleep.

One experiment that when one with Matthew Walker, the director of sleep and neuroimaging lab at the University of California. This study shows how less than eight hours of sleep can affect the body. After one night of sleep deprivation scientists came to the conclusion that you would be the equivalent to an intoxicated person.

For this experiment test subjects were put into different groups with different groups that had different amounts of sleep, this experiment was to show scientists how long test subjects could go without the minimum of eight hours of sleep. All the test subjects were placed into different groups that had different amounts of sleep being allowed each night. For the following weeks one group was allowed six hours of sleep, four hours of sleep and then zero. The results after only three days of the experiment is the test subjects who slept six hours were just as bad and incoherent as the group who had total sleep deprivation. The group that got four hours of sleep was right behind them.

Since we have established that humans need eight hours of sleep, the next thing we need to discuss is if humans can make up for the sleep they have lost. After the experiment was over the test subjects were allowed to sleep however much they wanted and of course they all slept more than eight hours. Even though the test subjects slept all of these additional hours they still hadn't returned to the state they were in from the beginning of the experiment. The overall message of this article is that the human body needs at least a minimum of eight hours of sleep so that the body can function properly. Sleep is vital to the body and is just as important as eating meals throughout the day. Also sleep is not something that is easy to get back once you are sleep deprived it will take time in order for your body to be fully rested again even if you sleep eight hours or more the following night.