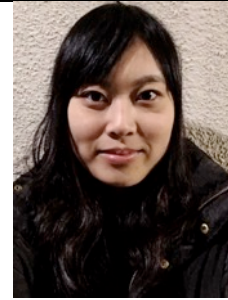# Think Tank: Sleep

Haruka Matsunaga (uni student)

My experience with a lack of sleep

Japanese know that lack of sleep is dangerous. But, their sleeping time is very short. They think the job or homework is more important than sleeping.

When I was a high school student, I was really sleepy everyday.

My high school teachers thought homework was more important than sleep. And, they thought students would be able to achieve results by homework.

I told my teacher, "I couldn't do the homework because I was sleepy." " My teacher said "That`s not a reason!"

I told my teacher, "I couldn't do the homework because I was sleepy." " My teacher said "That`s not a reason!" There was a lot of homework every day. So, we had to cut down on sleep for homework.

We finished our homework – desperately.

But, we couldn`t focus on studying and on the classes.

One day, some classmates rebelled. They gave priority to sleep. They didn`t finish the homework. Their test results went up! But people who didn`t sleep because of homework got bad results.

I think jobs, classes and homework are important. But, I don`t think they are more important than sleep. I couldn`t focus on studying and class when I was high school student. So I couldn`t understand what I was studying and make good judgments. Sleep is the base of a healthy life.

Our minds and bodies need to get a good sleep. I know the importance of sleep, because I've experienced what can go wrong. Sweet dreams.

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