The importance of sleep Why do we need to sleep?Our body's 'immune system', which is its self–defence system, becomes weaker, so we are more likely to get ill.They also have too many drinks which contain caffeine, such as coffee, and eat dinner just before they go to bed.First of all, we should make sure that the bed is comfortable, with a good mattress and pillows.While we are asleep, the brain repairs itself.Most people find sleep difficult because they are not relaxed.They do not exercise enough during the day, and in the evening they are still thinking about their work or studies.In addition, they make phone calls or look at email messages until late at night.Of course, it is important to be relaxed.Sleep is very important for the brain.

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