Sleeping for a long time Sleeping for a long time or what they call oversleeping means sleeping more than nine hours every night.In this essay we will discuss both advantages and disadvantages of sleeping for a long time.Moreover, the more you sleep, the less you move, which leads to obesity and other diseases.In addition, people have less rates of depression than those who don't sleep enough hours.In conclusion, we can see that there are pros and cons for sleeping for a long time.

Summarized by © lakhasly.com