



Article Side

A Good Sleep is Required for a Healthy Mind by [Harry Yadav](#)

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Many of the children make a habit that they do not sleep the whole night before their exams. This is one of the worse habits that they develop. The less they sleep, the less they can concentrate in their studies. Sleep is a vital part of our lives and when we sleep our body takes rest and our also restore energy.

Have you ever come across the situation in which you couldn't sleep the entire night or have slept for only a few hours and in the next morning you had to attend your classes? Well anybody who had faced it must have understood the value of a good sleep. We think it is just food which keeps us healthy, but a sound sleep is equally required for a healthy living. Even doctors advice their patients for a good laugh and a long sleep.

Especially, for children, a sound sleep of at least six to seven hours is utmost required. A good sleep is necessary to control psychological being well and it also helps in the path of success of the children. Good sleep also helps us to remember many things for a longer time which we fail to do when we don't take a good sleep. The proverb, "he who sleeps half a day has won half a life" is true. When it comes to small children, then their sleep affects the entire family.

A poor sleep also affects the health of the people in many ways. They become the victims of many diseases in a young age. One who sleeps on time also maintains a disciplined life. Kids should be taught to take rest properly but that also doesn't mean that they should be allowed to sleep for long hours. Parents should be aware of how much sleep is required for their child and how they should react when they are awakened in the mid of the night. There is a deep relation between good sleep and a child's behavior.

When children don't get proper sleep, they get irritated. It affects school going children more because they fail to concentrate in their studies and also get the feeling of lethargy. They also build the hostile nature; get hyper and sometimes disagreeable too. Parents should guide their children about how much of time should they spare for their sleep because people should spare their hours for sleep as per their age.

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The writer of this article is a school advisor in OnlineSchoolAdmissions and provides free of cost consultancy to parents on school admissions. Parents can look for schools directory list on the site from where they can search for a [tiny tots school](#) or a [top schools in bangalore](#) where they can

admit their child. They can also search for a [top schools in delhi](#) as per their choice and can fill up schoolâ€™s application forms online.

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