The relationship between the Moon and Earth, by the size of the satellite, is very close, but I think the most important quality of our satellite, is that it helps keep the magnetic field (item 5) in the intensity required to deflect much Solar radiation harmful to living beings.

This is because the moon, going slowing slightly to Earth by tidal coupling induces the solid inner core of the Earth to rotate slightly faster (to maintain higher speed and higher density outer core act as incandescent fluid in which slides), which together with the convection currents (the hotter material tends to rise to the cooler areas near the mantle) and the Coriolis produce the so-called geomagnetic dynamo fed back (found in many objects).

**Aim:** The moon, according to the most accepted hypothesis was formed by large impact theory, in which two proto-planets formed in the same orbit, at a sufficient distance from each other so that gravity does not join, but over time the small ended up joining the biggest shock of adequate precision to give the result we see the moon being a result of the meeting of the materials result of that great shock dispersed.
Another reason to require a large satellite is that scientists will indicate that due to the Moon, the Earth keeps turning in the same axis (to have more mass in its central part and tidal coupling), which is ensures that the temperature remains constant from Ecuador to the poles, also if the planet had an erratic rotation axis (precession), climatic variations could be too steep, so the water temperature is not maintained in an appropriate range, for the emergence of life and would have been much more difficult their appearance and maintenance.

But I have my doubts that this condition is absolutely necessary, because the influence of gravity from the sun can be enough to keep rotating in the same axis; therefore it can be in most cases naturally.

Also, the Earth has lengthened its day from 6 hours when it formed to the current 24 hours (for the same friction coupling tide previously discussed), and however this does not seem to have affected the possibility of life on Earth. The following conditions have any doubts that are not essential for life in all cases, so classify them as less important.

Source: http://crecimiento-sostenible.blogspot.in/2015/01/can-there-be-life-on-other-planets.html