

KARNATAKA POLITICAL MAP



Map Not To Scale

	State Capital
	District Headquarters
	State Boundary
	International Boundary

Good morning, everyone. My name is Vicky Dsilva. Today I am going to speak on a topic which affects millions of people worldwide, that is "SLEEP DEPRIVATION". Did you know that over 70% of adults report instances of insufficient sleep at least one night out of seven days of the week! Remember that I used the word "atleast". Chronic sleep loss has often been linked to heart disease, obesity, diabetes, and even early death. Yet inspite of all this we often sacrifice rest for productivity or entertainment, unaware of the consequences in the long run. Today, let's deep dive into how sleep deprivation silently destroys our well-being, productivity, and basically our whole life.





Assume a doctor misdiagnoses a patient due to exhaustion, imagine the ramifications of this action. Or recall the Challenger space shuttle disaster of 1986, where sleep-deprivation caused loss of life. These aren't the only cases—they're warnings. Studies show that being awake for 17 hours continuously reduces cognitive performance to a level equal to a blood alcohol concentration of 0.05%. That's legally drunk! Yet, many of us push through days on minimal sleep, unaware of the toll it takes on our minds and bodies.

The so called "hustle" culture glorifies "burning the midnight oil," but lack of sleep doesn't boost productivity it destroys it. Research from Harvard says that sleep deprivation costs the U.S. economy \$63 billion per annum in lost performance. Why? Because sleep loss weakens focus, memory, and creativity. Solving problems



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