*Link:* [*https://www.youtube.com/watch?v=nNhDkKAvxFk*](https://www.youtube.com/watch?v=nNhDkKAvxFk)

**What if you stopped sleeping?**

Why do we sleep in the first place? There’s relatively little knowledge about sleep. Although study shows that adults who sleep 6-8 hours tend to live longer, sleeping too much is the cause to many medical problems like obesity, heart diseases or brain damage. After the first sleep deprived night, your brain releases more dopamine and give your body a mental boost, but three days into this routine you become exhausted, reflect slow, positivity decreased and tend toward impulsive behaviors. The longest sleep deprivation recorded is 11 days, the person developed problems in perception, concentration and hearing but, surprisingly, no long-term damage. This doesn’t mean having inadequate sleep does not kill you, a study conducted on rats show that they died after two sleepless weeks. It is not sure whether the cause of their death is the lack of sleep or the stress caused by being kept awake. There is perhaps a link from this finding to a rare disease called Fatal familial insomnia, in which the sleep loss is so serious it causes hallucination, leading to dementia and eventually death. People carrying this type of insomnia only live to 18 months. So not sleeping does not kill you quick, but it’s better to ensure proper nights sleep for your health in the long run.