

CONSEQUENCES OF SLEEP DEPRIVATION



Sleep helps stabilize your emotional mental state + mood, not getting enough sleep can lead to an amplified emotional response and **mood disturbances**



Sleep loss alters the hormones that regulate glucose metabolism which can result in **type II diabetes** and **obesity**



Sleep deprivation renders vaccination shots useless and **increases** your chances of getting sick



Irregular sleep is also linked to **psychiatric disorders** such as depression, anxiety, PTSD, schizophrenia, and suicide



Short sleep (< 7-9 hrs) has been labeled as a "probable" **carcinogen** according to World Health Organization



Prolonged sleep deprivation might not directly kill you but its effects can certainly be fatal: **100,000 car accidents/yr** involving drowsy driving (National Highway Traffic Safety Administration)



Sleep deprivation can make you more irritable, aggressive, **emotionally unstable**, and paranoid

