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 metalism which can result in **type II diabetes** and **obesity**





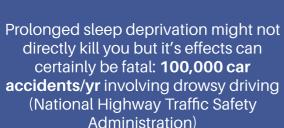
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Sleep deprivation renders vaccination shots useless and increases your chances of getting sick

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







Sleep deprivation can make you more irritble, agressive, emotionally unstable, and paranoid



