**Sleep deprivation causes all sorts of challenges and problems. When one does not get enough sleep ones mind does not work clearly. Studies have shown that after staying awake for 24 hours ones ability to do simple math is greatly impaired. Driving tired has been shown to be as bad as driving drunk. Moods change, depression, anxiety, and mania can be induced by lack of sleep. As much as people try to do without enough sleep it is a wonder more crazy things do not happen in this world.**

Thank you