

WHAT TOO LITTLE SLEEP DOES TO YOUR BODY



Colds.

A study of 164 healthy people found that those who slept <5 hours per night were more likely to get a cold compared to those who slept 7+ hours, regardless of demographics and weight.



Tummy troubles.

Not sleeping can make the symptoms of **Inflammatory Bowel Disease** and acid reflux worse and may put you more at risk of developing IBD and **inflammatory bowel syndrome**.



Difficulty learning.

Sleep deprivation **interferes** with our ability to **remember and process** new information. Researchers recommend **pushing back** early work and school start times to help ensure we get enough sleep.



Irritability and mood swings.

Researchers found that interruptions and disturbances tend to **bother us more** when we haven't slept.



Headaches and migraines.

Research links **poor sleep quality** to migraines and sleep apnea to headaches.



Depleted sex drive.

Getting enough sleep is important for promoting **healthy sexual desire and genital response**. It also appears to play a role in **how often** we engage in sexual activity with our partners.



Poor vision.

Sleep deprivation is linked with **tunnel vision, double vision, and dimness**. The longer you're awake, the more **visual errors** you'll see and the more likely you are to **hallucinate**.



Weight gain.

When we don't get enough shut-eye, researchers found, we also tend to **snack more** and pick **calorie-rich foods** over lighter ones—especially for kids.

Sleep Things That Happen In The Night

SJ Ball



Sleep Things That Happen In The Night:

Sleep Things That Happen In The Night Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Sleep Things That Happen In The Night**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

<https://archive.kdd.org/results/book-search/Documents/The%20London%20Anthology.pdf>

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