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

Ying Liu

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Table of Contents Sleep Things That Happen In The Night

- 1. Understanding the eBook Sleep Things That Happen In The Night
 - The Rise of Digital Reading Sleep Things That Happen In The Night
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Sleep Things That Happen In The Night
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sleep Things That Happen In The Night
 - User-Friendly Interface

- 4. Exploring eBook Recommendations from Sleep Things That Happen In The Night
 - Personalized Recommendations
 - Sleep Things That Happen In The Night User Reviews and Ratings
 - Sleep Things That Happen In The Night and Bestseller Lists
- 5. Accessing Sleep Things That Happen In The Night Free and Paid eBooks
 - Sleep Things That Happen In The Night Public Domain eBooks
 - Sleep Things That Happen In The Night eBook Subscription Services
 - Sleep Things That Happen In The Night Budget-Friendly Options
- 6. Navigating Sleep Things That Happen In The Night eBook Formats
 - o ePub, PDF, MOBI, and More
 - Sleep Things That Happen In The Night Compatibility with Devices
 - Sleep Things That Happen In The Night Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sleep Things That Happen In The Night
 - Highlighting and Note-Taking Sleep Things That Happen In The Night
 - Interactive Elements Sleep Things That Happen In The Night
- 8. Staying Engaged with Sleep Things That Happen In The Night
 - o Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sleep Things That Happen In The Night
- 9. Balancing eBooks and Physical Books Sleep Things That Happen In The Night
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sleep Things That Happen In The Night
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sleep Things That Happen In The Night
 - Setting Reading Goals Sleep Things That Happen In The Night
 - Carving Out Dedicated Reading Time

- 12. Sourcing Reliable Information of Sleep Things That Happen In The Night
 - Fact-Checking eBook Content of Sleep Things That Happen In The Night
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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