

WHAT TOO LITTLE SLEEP DOES TO YOUR BODY



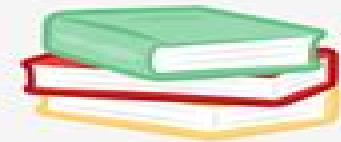
Colds.

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

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Sleep Things That Happen In The Night:

Sleep Things That Happen In The Night: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Sleep Things That Happen In The Night : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Sleep Things That Happen In The Night : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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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
 - 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

- 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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