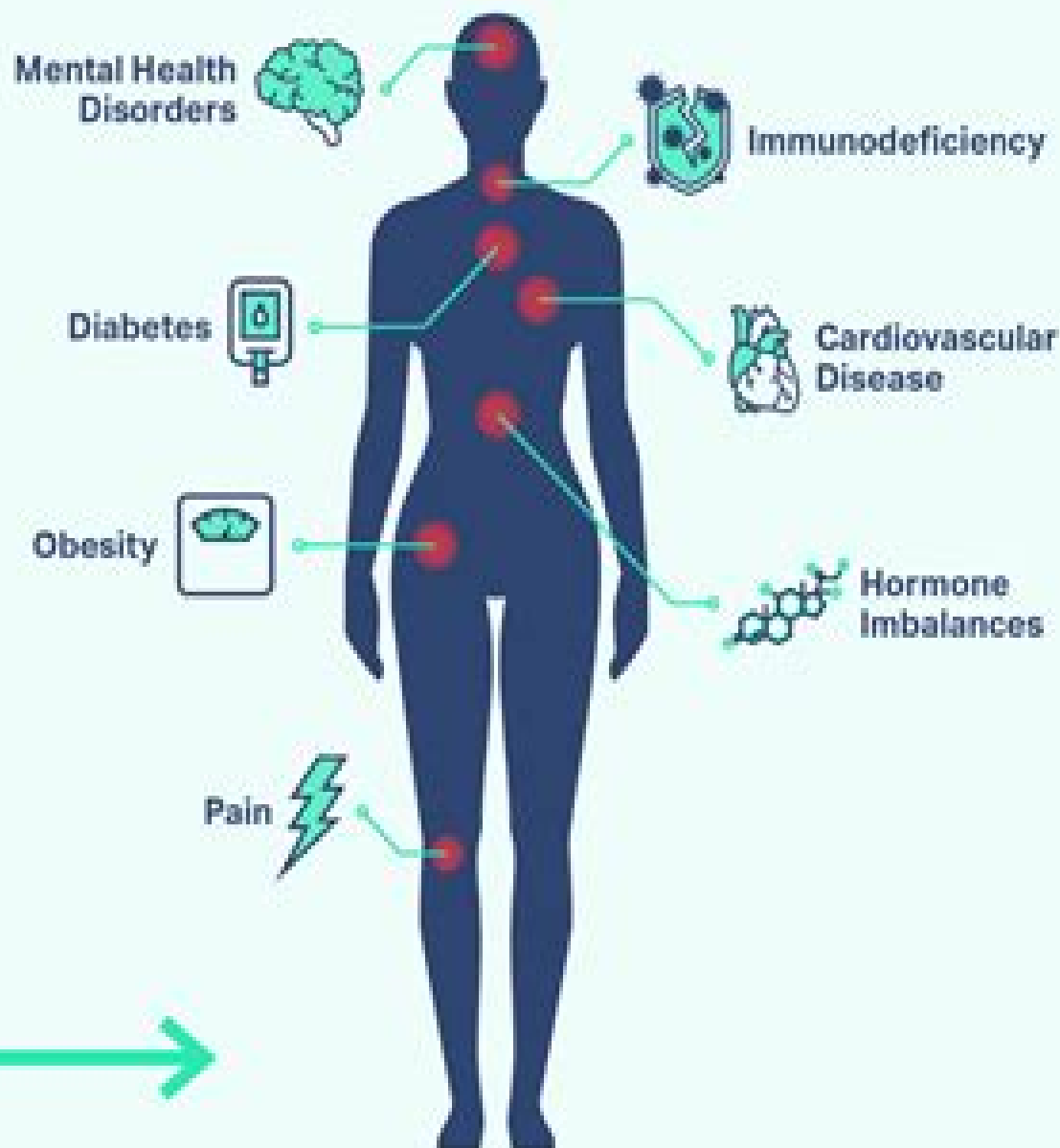


Sleep plays a significant role in **almost every system of the body.**

Insufficient sleep **increases risks** in all of these systems.

Consequences of sleep deprivation include the following:



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Jin-Ying Zhang



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