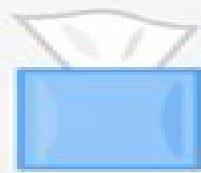


WHAT TOO LITTLE SLEEP DOES TO YOUR BODY



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.



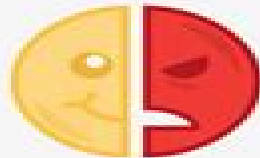
Tummy troubles.

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.



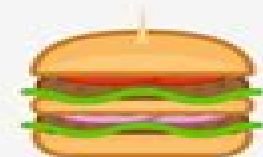
Depleted sex drive.

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

**Robert Fisher, Robert S. Fisher,
MD, Peter W. Kaplan**



Sleep Things That Happen In The Night:

This book delves into Sleep Things That Happen In The Night. Sleep Things That Happen In The Night is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Sleep Things That Happen In The Night, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Sleep Things That Happen In The Night
 - Chapter 2: Essential Elements of Sleep Things That Happen In The Night
 - Chapter 3: Sleep Things That Happen In The Night in Everyday Life
 - Chapter 4: Sleep Things That Happen In The Night in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Sleep Things That Happen In The Night. This chapter will explore what Sleep Things That Happen In The Night is, why Sleep Things That Happen In The Night is vital, and how to effectively learn about Sleep Things That Happen In The Night.
 3. In chapter 2, this book will delve into the foundational concepts of Sleep Things That Happen In The Night. The second chapter will elucidate the essential principles that must be understood to grasp Sleep Things That Happen In The Night in its entirety.
 4. In chapter 3, this book will examine the practical applications of Sleep Things That Happen In The Night in daily life. This chapter will showcase real-world examples of how Sleep Things That Happen In The Night can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Sleep Things That Happen In The Night in specific contexts. This chapter will explore how Sleep Things That Happen In The Night is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Sleep Things That Happen In The Night. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Sleep Things That Happen In The Night.

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Sleep Things That Happen In The Night Introduction

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