

WHAT TOO LITTLE SLEEP DOES TO YOUR BODY



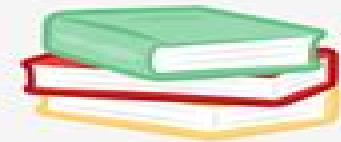
Colds.

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.



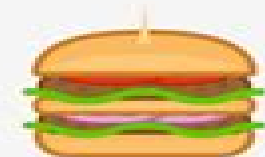
Depleted sex drive.

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

Hugh Robert MacDonald



Sleep Things That Happen In The Night:

Embark on a transformative journey with Written by is captivating work, Discover the Magic in **Sleep Things That Happen In The Night** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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