

How Poor Sleep Impacts Cognitive Function



Short-Term

Effects of sleep deprivation can appear in the form of:



Difficulty concentrating



Decline in mood



Impaired memory



Visible signs of fatigue

Vs.

Long-Term

Sleep deprivation or fragmented sleep over long periods of time can result in:



Poor work performance



Cognitive decline



Heightened risk of dementia

Sleep And Cognition

Richard R. Bootzin, John F. Kihlstrom



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