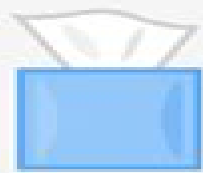


# WHAT TOO LITTLE SLEEP DOES TO YOUR BODY



## 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.



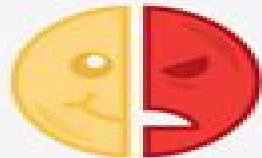
## Tummy troubles.

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.



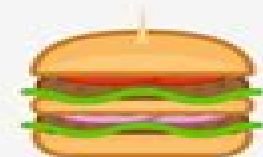
## Depleted sex drive.

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:**

## Unveiling the Energy of Verbal Beauty: An Emotional Sojourn through **Sleep Things That Happen In The Night**

In a world inundated with displays and the cacophony of quick conversation, the profound power and mental resonance of verbal art usually disappear into obscurity, eclipsed by the continuous barrage of noise and distractions. Yet, set within the musical pages of **Sleep Things That Happen In The Night**, a interesting work of fictional splendor that pulses with natural emotions, lies an unique trip waiting to be embarked upon. Published by a virtuoso wordsmith, that mesmerizing opus instructions viewers on an emotional odyssey, lightly revealing the latent possible and profound influence stuck within the complicated web of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is central styles, dissect their charming writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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