

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

Yan Bai



Sleep And Cognition:

Uncover the mysteries within Explore with is enigmatic creation, Discover the Intrigue in **Sleep And Cognition** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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