

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

Rachel Sandford



Sleep And Cognition:

Sleep And Cognition Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Sleep And Cognition**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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