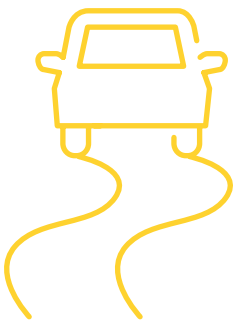


SLEEP DEPRIVATION

EFFECTS

Lack of sleep is a health issue that deserves your attention and your doctor's help. Not getting enough sleep—due to insomnia or a sleep disorder such as obstructive sleep apnea, or simply because you're keeping late hours—can affect your mood, memory and health in far-reaching and surprising ways, says Johns Hopkins sleep researcher Patrick Finan, Ph.D. Sleep deprivation can also affect your judgment so that you don't notice its effects.

SAFETY



6,000

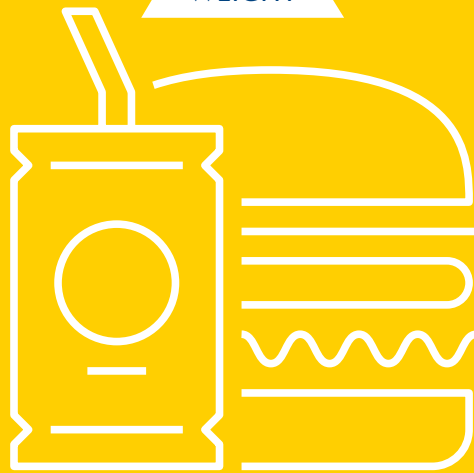
FATAL CAR CRASHES CAUSED BY DROWSY DRIVING EACH YEAR



1 IN 25

ADULTS WHO'VE FALLEN ASLEEP AT THE WHEEL IN THE PAST MONTH

WEIGHT



MORE CRAVINGS
FOR SWEET, SALTY
& STARCHY FOOD

↑ Higher levels of the **hunger hormone ghrelin** | ↓ Lower levels of the **appetite-control hormone leptin**

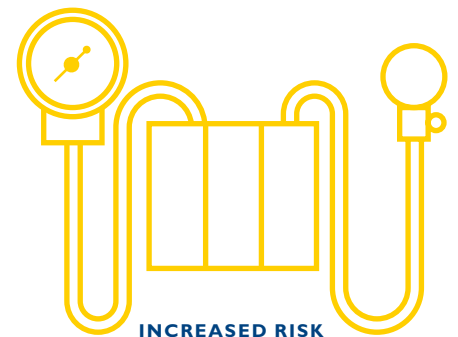
50% HIGHER RISK FOR OBESITY IF YOU GET LESS THAN 5 HOURS OF SLEEP NIGHTLY

HEALTH

36%
INCREASE IN RISK FOR COLORECTAL CANCER

LESS ACTIVE IMMUNITY PROTECTORS CALLED NATURAL KILLER CELLS

NEARLY **3X**
RISK FOR TYPE 2 DIABETES



INCREASED RISK OF HIGH BLOOD PRESSURE

BRAIN EFFECTS

33%
INCREASE IN DEMENTIA RISK



GREATER RISK FOR:

- ▶ Depression
- ▶ Irritability
- ▶ Anxiety
- ▶ Forgetfulness
- ▶ Fuzzy thinking

3-5 YEARS
HOW MUCH SLEEP DEPRIVATION CAN AGE YOUR BRAIN



48%
INCREASE IN DEVELOPING HEART DISEASE



3X
MORE LIKELY TO CATCH A COLD