

Sleep Deprivation Signs and Effects

Signs of Sleep Deprivation:

- You need an alarm to wake up.
- You're drowsy upon waking.
- You have microsleeps throughout the day (1-30 second mini-sleeps).

In the final 4 hours of sleep, the body is working on brain memory and organization.

1.5 hours of sleep deprivation = 32% reduction in alertness.



In the first 4 hours of sleep, your body is focused on organ and body repair.

Sleep deprivation shortens telomeres, decreases brain plasticity, causes beta amyloid build up, makes you prone to weight gain, increases inflammation, and decreases life expectancy.

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SIMPLIFYING
COMPLEX
CONDITIONS