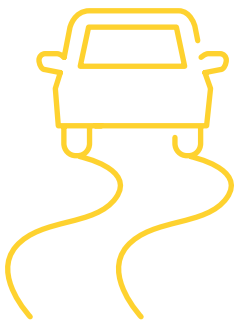


# SLEEP DEPRIVATION

## 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**

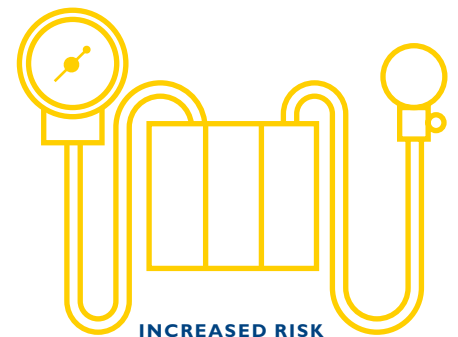
**50%** HIGHER RISK FOR OBESITY IF YOU GET LESS THAN 5 HOURS OF SLEEP NIGHTLY

### 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