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**

**WEIGHT**

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

**BRAIN EFFECTS**

33% **INCREASE IN DEMENTIA RISK**

**GREATER RISK FOR:**
- Depression
- Irritability
- Anxiety
- Forgetfulness
- Fuzzy thinking

**HEALTH**

**MORE CRAVINGS FOR SWEET, SALTY & STARCHY FOOD**

**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**

**IN 6,000 FATAL CAR CRASHES CAUSED BY DROWSY DRIVING EACH YEAR**