EFFECTS OF SLEEP DEPRIVATION

- Irritability
- Hallucinations
- Severe, ongoing yawning
- Memory loss or lapses
- Impaired mental performance
- Decreased problem solving ability
- Increased stress-related disorders
- Increased risk of depression and mood
- Interferes with hormone production released by pituitary gland during deep sleep
- Accelerated tumor growth
- Increased risk of heart disease
- Weakened immune system
- Increased risk of pre-diabetic state
- Digestive issues including stomach ulcers and constipation
- Premature signs of ageing
- Decreased physical performance in sports
- Body aches and tremors