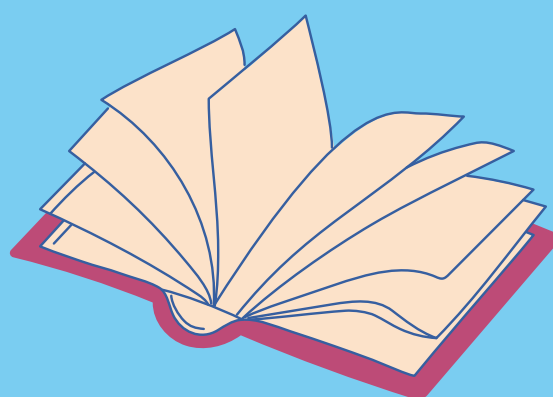


SLEEP DEPRIVATION

Negative Effects of Less Than 7 Hours of Sleep Each Night

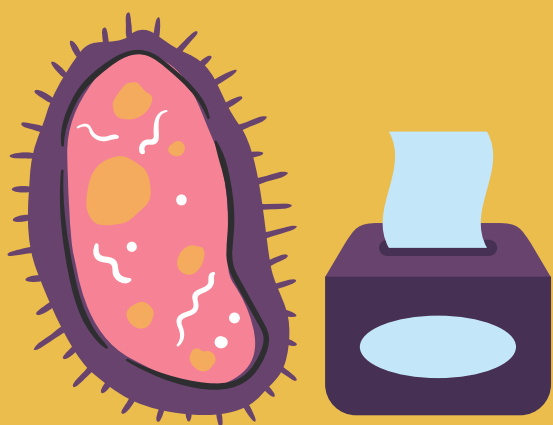
DECREASE IN LEARNING ABILITY

When your brain is underslept, your ability to learn decreases by 40%. If you get less than 7 hours of sleep, your brain doesn't get the chance to process what you learned.



MORE LIKELY TO GET SICK

You are 4x more likely to catch a cold and a flu shot is 50% less effective.



MORE REACTIVE & EMOTIONAL

You become more emotionally irrational, negative, and reward-seeking because the part of your brain associated with emotions (your amygdala) becomes 60% more reactive.



INCREASED RISK OF HEART ATTACK

On the day that daylight savings time begins in the U.S., 1.6 billion people lose an hour of sleep resulting in a 20% increase in heart attacks nationwide.



CHANGE YOUR SLEEP PATTERNS
CHANGE YOUR HEALTH

Designed by Lina Jurkunas

Statistics from Matthew Walker's Sleep Research