

# The Risks of Bad Sleep Habits

Getting enough sleep is difficult with life never slowing down but not getting the right amount of hours at night can lead to more problems than you'd expect.



## Sleep Deprivation and Sleepiness Can:

- **Cause Accidents:** sleepiness decreases coordination and creates a poor response time which can lead to car and work place accidents. You are also at risk for experiencing seconds or minutes long bursts of sleep known as microsleep which can happen at anytime.
- **Lead to Serious Health Problems:** it puts you at greater risk for heart disease, heart attacks, heart failure, high blood pressure, stroke, diabetes.
- **Cause Mental Changes:** sleepiness can contribute to depression and anxiety, compromise decision making processes, and creativity. It can also cause delirium and hallucinations.
- **Cause Physical Changes:** chronic sleep loss can lead to lackluster skin, fine lines, dark circles, gaining weight, and slowing the production of human growth hormone.
- **Affect Your Immune System:** prevents the production of cytokines which are cells that stimulate the movement of cells towards sites of inflammation, infection, and trauma.

- Getting enough sleep is particularly important for those with metabolic syndrome, as it raises the likeliness of death due to heart disease or stroke.
- Studies show that trying to “catch up” on sleep during the weekends by sleeping in later doesn't help and in fact, may be linked to poor health and higher levels of sleepiness and fatigue.
- Usage of electronics emitting blue light before bed has been shown to throw off the circadian rhythm which determine sleeping patterns.



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