SLEEP OR DIE

Not getting the right amount of sleep each night can have serious health risks and can leave long-lasting effects on your body and mind.

Health Risks of Not Sleeping

- 7-9 HRS: The recommended amount; improves health and daily alertness
- 5-7 HRS: The average amount that American adults sleep each night
- 0-5 HRS: Puts you at high risk for a number of health problems:
  - 2.5x higher risk for diabetes
  - 45% higher risk for heart attack
  - 12% higher risk of death under any circumstance

Insomnia on the Brain

Lack of sleep causes parts of your brain to slow or shut down completely.

- Math & Logic
  - Effect: Slower thought processes and difficulty forming logical conclusions to problems

- Parietal Lobe
  - Effect: Difficulty learning new tasks and making novel connections

- Frontal Lobe
  - Creative Thinking
    - Effect: Lack of imagination, originality, lack of focus, stuttering, use of clichés in speech

- Prefrontal Cortex
  - Judgment and Visuals
    - Effect: Blurred vision and hallucinations

- Temporal Lobe
  - Language
    - Effect: Slurred speech

- Neocortex
  - Memory & Learning
    - Effect: Difficulty learning new tasks and making novel connections
YOUR BODY WITHOUT SLEEP

INCREASED HUNGER FOR SALTY, FATTY FOODS.
LACK OF SLEEP ACTIVATES YOUR BODY'S SNS SYSTEM (FIGHT OR FLIGHT RESPONSE) CAUSING IT TO STORE FAT RESERVES AND RELEASE HORMONES THAT KEEP YOU FROM WINDING DOWN AT NIGHT.

- LESS THAN 7 HOURS OF SLEEP = WEIGHT GAIN
- REDUCED LEPTIN PRODUCTION = INCREASED APPETITE

DRIVING ON FUMES.
IN DRIVING TESTS, ADULTS WHO HAD BEEN AWAKE FOR LONG PERIODS OF TIME PERFORMED ON PAR WITH DRIVERS WHO HAD CONSUMED ALCOHOL.

- 17-19 HRS WITHOUT SLEEP = .05 BAL
- 21 HRS WITHOUT SLEEP = .08 BAL - LEGALLY DRUNK

HOW TO GET BETTER SLEEP

ESTABLISHING A REGULAR NIGHTLY PATTERN WILL HELP YOU GET BETTER SLEEP AND IMPROVE YOUR HEALTH.

RECOMMENDED 7 HRS OF SLEEP

60 MIN WINDOW
ESTABLISH NATURAL RHYTHMS
GO TO BED AND WAKE UP WITHIN THE SAME 60 MIN. WINDOWS EVERYDAY TO ESTABLISH NATURAL CIRCADIAN RHYTHMS.

60 MINS BEFORE BED
TURN OFF DISTRACTIONS
TURN OFF THE TV AND COMPUTER. TURN DOWN THE LIGHTS AND LISTEN TO SOOTHING MUSIC OR READ A BOOK FOR RELAXATION.

90 MINS BEFORE BED
TAKE A BATH
HEATING UP YOUR BODY FOLLOWED BY SLOW COOLING CAUSES RELAXATION AND DROWSINESS.

NO STIMULANTS
EVEN IF YOU CAN FALL ASLEEP AFTER DRINKING OR SMOKE A CIGARETTE, STIMULANTS INTERFERE WITH MELATONIN PRODUCTION WHICH RESULTS IN LOW QUALITY SLEEP AND MORNING SUGARINESS.

TURN OFF YOUR BRAIN
STAY AWAY FROM WORK-RELATED ACTIVITIES, EXERCISE, OR ENTERTAINMENT THAT OVERACTIVATES YOUR BRAIN, LIKE HORROR MOVIES, FOR AN HOUR BEFORE BEDTIME.

LOSE WEIGHT
NOT ONLY DO RATES OF QUALITY INCREASE WITH LESS SLEEP, SO DOES THE RISK FOR ADVERSE SIDE EFFECTS LIKE SLEEP APNEA AND HYPERTENSION.