

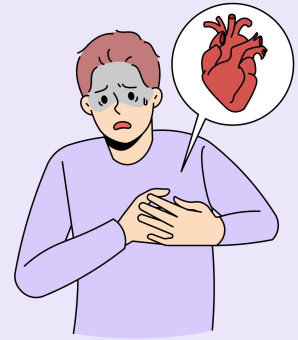
Effects of Sleep Deprivation

Physical health issues

- Weakened immune system
- Increased risk of high blood pressure, diabetes, and heart disease
- Weight gain and obesity

Cognitive impairment

- Difficulty concentrating
- Memory problems
- Slower reaction times



Behavioral changes

- Impulsiveness
- Poor decision-making
- Difficulty controlling emotions



Mental health impact

- Higher risk of anxiety and depression
- Feelings of sadness and hopelessness



Performance decline

- Lower productivity
- Increased errors and accidents
- Decreased school or work performance

Emotional disturbances

- Increased irritability
- Mood swings
- Higher stress levels

Tips for better sleep

- Establish a regular sleep schedule
- Create a relaxing bedtime routine
- Avoid screens before bedtime
- Limit caffeine and sugar intake
- Make your sleeping environment comfortable

