

THE CONSEQUENCES OF BEING

Sleep Deprived

INFOGRAPHIC



Can't Concentrate

A lack of sleep makes it hard to focus on anything due to a reduced cognitive ability and alertness.



Anxiety & Depression

Poor cognitive levels may negatively affect mental health with an increase of anxiety, depression, and stress



Sleep Disorders

An increased level of stress can lead to insomnia, a severe sleeping disorder that has damaging affects on the body.



Health Consequences

Sleep disorders can disrupt growth, weaken the immune system, and lead to long-term chronic conditions



Trouble Studying

As physical health deteriorates, students reduce academic performance as they have trouble staying on top of schoolwork with a reduced amount of sleep

