SLEEP DEPRIVATION EFFECTS ON *YOUR* BRAIN

IMPAIRED COGNITION

Without proper sleep, your brain can't focus and has slower reaction times, this lowers overall performance which can cause safety issues

Memory will be impaired, information won't be transferred from short to long term memory, creativity, information processing and problem solving will all be hindered.

DEPRESSION

Sleep deprivation causes the brain's medial frontal cortex to operate less effectively and its connection to the amygdala can make you more emotional.

Healthy levels of neurotransmitters and stress hormones can't be maintained and this can result in emotional havoc in the brain.

ANXIETY

Sleep deprivation activates the brain systems that cause anxiety.

Research shows that anxiety disorders can actually be caused by sleep deprivation.

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Sources:

Impaired Cognition:

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Depression:

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Anxiety:

https://adaa.org/understanding-anxiety/related-illnesses/sleep-disorders
https://www.popsci.com/sleep-deprivation-brain-activity#page-3