SLEEP DEPRIVATION EFFECTS ON *YOUR*

Recurring sleep deprivation, no matter what the cause: stress, poor sleep environments, external disruptions, sleep disorders like sleep apnea, de-prioritizing sleep, and more can all greatly increase the risk of:

High Blood Pressure

High Cholesterol

High Triglycerides

Leading to:

Courtesy of :

FatigueManagersNetwork.org

SLEEP DEPRIVATION EFFECTS ON *YOUR* HEART

Sources:

https://www.sleepfoundation.org/excessive-sleepiness/health-impact/how-sleep-deprivation-affects-your-heart

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https://www.health.harvard.edu/healthbeat/2-ways-to-protect-your-heart-improve-sleep-and-manage-stress

https://sleepanddreams.com/?p=176