Getting insufficient amounts of sleep has been linked to serious health problems like diabetes, heart disease, heart attacks and obesity.

Prolonged periods of sleep disturbance have been linked to depressive illnesses.

If you sleep after learning a task, it’s easier to commit it to memory. Plus, you’ll do better on tests.

Waste products that build up in the brain during waking hours are “washed” from the brain during sleep, clearing toxins that otherwise make it difficult to think clearly if you haven’t had a good night’s sleep.

A lack of sleep over a prolonged period of time can impair memory. If you limit or restrict your sleep, your body tends to crave high-fat, high-calorie foods.

Stress, major life events like divorce, job change/loss, or relationship troubles can drain you both mentally and physically. If you don’t feel right for more than two weeks, seek professional help.

Some medications can cause drowsiness. Check with your pharmacist or doctor.

A lack of sleep makes it harder to concentrate and perform effectively at your work.

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When sleeping, your immune system releases cytokines (proteins) that respond to infections, inflammation and stress.

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The same neurotransmitters that involve sleep also regulate your mental health. Prolonged periods of sleep disturbance have been linked to depressive illnesses.

Thyroid problems, diabetes and heart disease are just a few conditions that could be making you tired. Get a physical so your doctor can rule out these things.

Pauses in breathing while asleep can affect your overall sleep quality. Many people with sleep apnea don’t even know they have it.

High-fat, high-calorie foods can make you feel sluggish. Choose more foods in their natural state (fresh fruits, vegetables) and those with more protein to sustain your energy levels throughout the day.

Underlying medical conditions

Medication side effects

Top reasons to consistently get enough sleep

- Strengthen immunity
- Improves health
- Improves focus
- Sharpens memory
- Regulates mood
- Less risk of injury
- “Washes” brain
- Controls weight
- Better learner

Getting enough sleep but still tired?

- Psychological causes
- Poor diet
- Sleep apnea

What else could be to blame

- Underlying medical conditions
- Medication side effects

Sleep apnea

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