

What happens when you don't get enough sleep?



Impaired Brain Function And Emotional Well-Being

Lack of sleep may result in:

- Trouble concentrating, problem-solving and difficulty making decisions
- Difficulty remembering new and/or old information
- Mood changes, difficulty controlling emotions, anxiety and depression



Weight Gain

- Sleep maintains the balance between hormones in your brain that make you feel full or hungry
- Lack of sleep impairs this balance and could result in over-eating and weight gain



Heart Disease

- Sleep helps the repair of your heart and blood vessels
- Lack of sleep may lead to high blood pressure and heart conditions



Risk of Diabetes

- Sleep affects insulin release (the hormone that controls your blood sugar)
- Lack of sleep may result in increased blood sugar levels and higher risk of diabetes



Risk of Falls

- Lack of sleep affects your balance and coordination leaving you more prone to falls and physical accidents

Healthy Tips for Better Sleep

- ✓ Go to bed and wake up at the **same time** every day
- ✓ **Avoid naps**, especially close to bedtime
- ✓ **Avoid caffeine** beverages (e.g. coffee, tea, cola drinks) after 2 pm
- ✓ **Limit fluids before bedtime** to minimize nighttime trips to the bathroom
- ✓ **Avoid alcohol** for at least 2 hours **before bedtime**

