

# THE DANGERS of SLEEP DEPRIVATION

By A Page

Just one week of insufficient sleep alters the activity of our genes, which control our response to stress, immunity, inflammation and overall health. Here are the hidden health hazards caused by sleep deprivation.



**NEARLY  
40%**

OF ADULTS FALL ASLEEP DURING THE DAY WITHOUT MEANING TO AT LEAST

**ONCE A MONTH**



**60 MILLION  
AMERICANS HAVE  
CHRONIC SLEEP  
DISORDERS**

**SOURCES:**

- <http://www.healthcentral.com/sleep-disorders/cf/slideshows/5-health-issues-that-arise-from-sleep-deprivation/hypertension-risk-increases/>
- <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch.html>
- <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/signs.html>
- <http://www.medicalnewstoday.com/articles/256912.php>