

Be. Live. Stay. Well...



Sweet Dreams. Why quality shut-eye is a key to health.



Sleep plays a crucial role in the repair and maintenance of all systems of the human body. A significant number of Americans do not get the amount of sleep necessary to support a healthy body and mind. Here are ten consequences of poor sleep.

1. **Decreased brain function.** Sleep keeps the mind working by forming new pathways while you rest. This helps you learn and remember more information.
2. **Heart Issues.** Sleep helps to repair blood vessels. Chronic sleep deprivation can increase your risk of heart disease, stroke, diabetes, etc.
3. **Hormonal Imbalance.** Sleep helps to regulate hunger and satiety hormones. Too little sleep increases ghrelin (hunger) and reduces leptin (satiety).
4. **Abnormal growth and development.** Quality sleep promotes the release of hormones responsible for growth and development in children. This is interrupted if sleep is poor.
5. **Insulin Problems.** Lack of sleep impacts the body's ability to respond to insulin, resulting in higher than normal blood sugar levels.
6. **Decreased Productivity & Performance.** Those who log less sleep and poor quality sleep are less productive during the day and have a decreased ability to learn, think, or avoid making mistakes.
7. **Poor Mental Health.** Chronic lack of sleep has been linked to depression and other mental health disorders and concerns.
8. **Increased Risk of Obesity.** Poor sleep increases one's risk for obesity.
9. **Poor Immunity.** Sleep is critical for a healthy immune system. If sleep is chronically poor, the body experiences a decreased immune system response.
10. **Accidents.** Lack of sleep increases the chances of causing or being in a traumatic accident.

50-70 Million U.S. Adults have sleep or wakefulness disorders.

For more information visit the [NIH](#) and the [National Sleep Foundation](#).



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