

Sleep Deprivation Health Problems

Short Term Effects:

- Aching muscles
- Dizziness/nausea
- Headaches
- Hand/limb tremors
- Impaired memory
- Impaired concentration/attentions
- Impaired hand/eye coordination
- Involuntary rapid eye movements
- Increased irritability and stress levels
- Slower reaction times
- Increased blood pressure
- Risk when driving, operating machinery, and doing other activities requiring full functionality (symptoms similar to having blood alcohol content)

Long Term Effects:

- ADD
- Depression
- Decreased ability to heal
- High blood pressure
- Increased risk of diabetes
- Risk of heart attack/stroke
- Heart disease
- Obesity
- Memory loss
- Mental/psychiatric problems
- Sleep attacks (similar to blackouts)