

WHAT HAPPENS WHEN YOU DON'T GET ENOUGH SLEEP

SKIN ISSUES

Sleeplessness can make you more prone to wrinkles, fine lines and uneven skin tone.

RESPIRATORY ISSUES

Lack of sleep can make you more susceptible to infections like the flu or the common cold.

FORGETFULNESS

Sleep helps our brains to "lock in" information, helping store and secure thoughts in our minds.



HEART PROBLEMS

Less than 5 hours of sleep may cause an increased risk of heart disease, stroke, and heart attacks.

WEIGHT GAIN

Lack of sleep triggers your brain to reduce your levels of leptin and increase your levels of ghrelin, leading to pre-bedtime snacking.

LOW SEX DRIVE

Lack of sleep can lower sex hormone levels by 10 - 15%

DIABETES RISK

Not sleeping prevents your body from releasing enough insulin, a hormone that lowers blood sugar levels.

WEAKENED IMMUNE SYSTEM

Not getting enough sleep weakens your immune system by not allowing it to make enough protective substances.

What Happens When You Sleep

Clemens Wendtner



What Happens When You Sleep:

This book delves into What Happens When You Sleep. What Happens When You Sleep is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into What Happens When You Sleep, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to What Happens When You Sleep
 - Chapter 2: Essential Elements of What Happens When You Sleep
 - Chapter 3: What Happens When You Sleep in Everyday Life
 - Chapter 4: What Happens When You Sleep in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of What Happens When You Sleep. The first chapter will explore what What Happens When You Sleep is, why What Happens When You Sleep is vital, and how to effectively learn about What Happens When You Sleep.
3. In chapter 2, the author will delve into the foundational concepts of What Happens When You Sleep. The second chapter will elucidate the essential principles that need to be understood to grasp What Happens When You Sleep in its entirety.
4. In chapter 3, the author will examine the practical applications of What Happens When You Sleep in daily life. This chapter will showcase real-world examples of how What Happens When You Sleep can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of What Happens When You Sleep in specific contexts. The fourth chapter will explore how What Happens When You Sleep is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about What Happens When You Sleep. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of What Happens When You Sleep.

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What Happens When You Sleep Introduction

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