

### memory issues

During sleep, your brain forms connections that help you process and remember new information. A lack of sleep can negatively impact both short- and long-term memory.

### trouble with thinking and concentration

Your concentration, creativity, and problem-solving skills aren't up to par when you don't get enough rest.

### mood changes

Sleep deprivation can make you moody, emotional, and quick-tempered. Chronic sleep deprivation can affect your mood and lead to anxiety or depression, which may escalate.

### accidents

Being drowsy during the day can increase your risk for car accidents and injuries from other causes.

### weakened immunity

Too little sleep weakens your immune system's defenses against viruses like those that cause the common cold and flu. You're more likely to get sick when you're exposed to these germs.

### high blood pressure

If you sleep less than five hours a night, your risk for high blood pressure increases.

### risk for diabetes

A lack of sleep affects your body's release of insulin, a blood sugar-lowering hormone. People who don't get enough sleep have higher blood sugar levels and an increased risk for type 2 diabetes.

### weight gain

With sleep deprivation, the chemicals that signal to your brain that you are full are off balance. As a result, you're more likely to overindulge even when you've had enough to eat.

### low sex drive

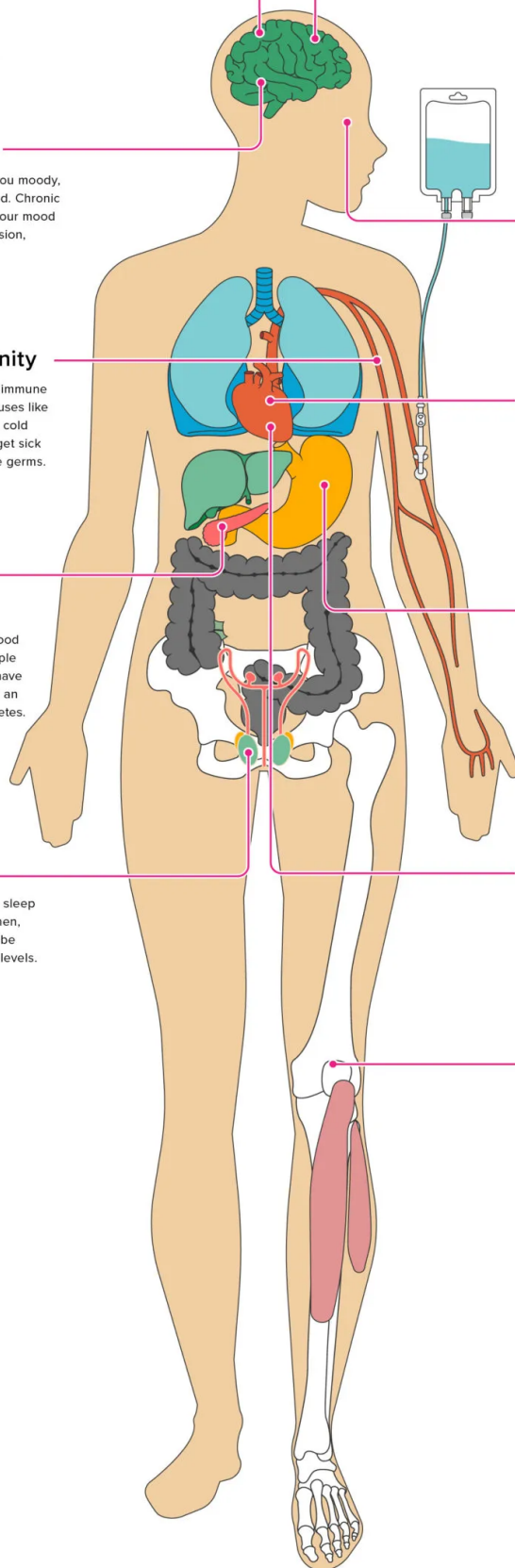
People who don't get enough sleep often have a lower libido. In men, this decreased sex drive may be due to a drop in testosterone levels.

### risk of heart disease

Sleep deprivation may lead to increased blood pressure and higher levels of chemicals linked to inflammation, both of which play roles in heart disease.

### poor balance

Lack of sleep can affect your balance and coordination, making you more prone to falls and other physical accidents.



Read on to learn the causes of sleep deprivation and how it affects specific body functions and systems.