

# 10 dangerous dangers of not getting enough sleep

What happens to your brain and body if you don't get enough sleep for a long time?

Sleep deprivation is normal but if this condition continues from day to day, it will become a very serious problem. Because sleep is essential and it can affect both your physical and mental health.

You need to sleep as well as eat and breathe air, but each person's sleeping time is different.

According to American Academy of Sleep Medicine (AASM), about one-third of adults in the US often do not get enough sleep. Are you one of them?

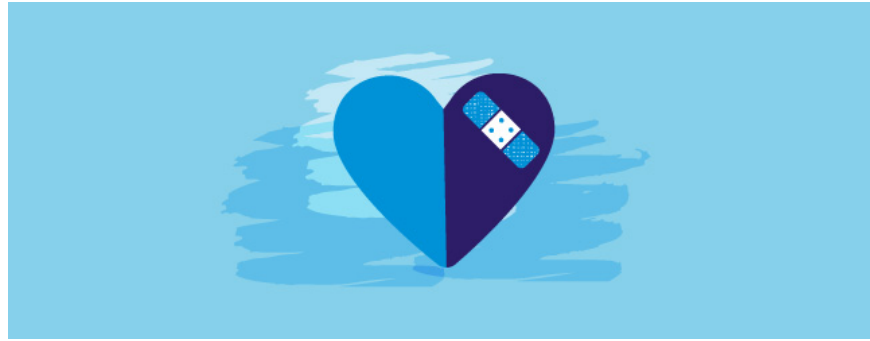
Here are 10 dangerous side effects that can happen if you don't get enough sleep.

## 1. Easy to get sick



Lack of sleep can affect your **immune system**, designed to protect you from colds and infections such as the common cold, flu and other illnesses. When the immune system is not functioning properly, the body will be more susceptible to bacteria and viruses and you will get sick. Even researchers have discovered a correlation between your sleep and your immune system. If you are sick and do not get enough sleep, you may lose more sleep while your body is fighting illness.

## 2. Harmful to the heart



Taking proper rest and sleep time is essential for **your cardiovascular health** . Lack of sleep puts you at high risk for cardiovascular diseases regardless of age, weight, smoking or exercise habits.

According to an analysis in the European Heart Journal, too short sleep (less than 5 hours per night) and long (9 or more per night) has been shown to have a negative effect on cardiovascular system. In particular, the risk of cardiovascular disease or stroke will increase very high if you sleep too little. Besides, too much sleep also affects the heart's health.

### 3. Increased risk of cancer



Nap is associated with an increased incidence of **breast cancer, colorectal cancer and prostate cancer** . Night shift workers are more likely to get cancer. Good news for both men and women who sleep 7 hours or more every night has the lowest death rate in the group.

### 4. Can't think



Even a lack of sleep a night can make you difficult to **perceive** . In a study published by Experimental Brain Research, a group of 18 men was assigned a task to complete.

The first mission is completed after a good night's sleep. The next mission was completed after a sleepless night. The results show that the ability to remember, make decisions, reason and solve problems with time to complete tasks, alertness is halved after a sleepless night.

## 5. Forgetting



Lack of sleep not only makes you forget, but it can also affect your **ability to learn and remember** . Researchers recommend that sleep is extremely important in reinforcing what we have learned. In other words, taking reasonable breaks is the best way for us to memorize new information and imprint them into memory.

## 6. Reduce sexual desire



Young men who lack sleep for about a week have been shown to have **reduced testosterone levels** , according to a study published in the Journal of the American Medical Association. Sleeping under 5 hours or less will reduce 10-15% of sex hormones. Men in this study also said that their overall mood and health were also reduced if they frequently interrupted sleep for many consecutive nights.

Even lack of sleep leads to loss of interest in sex, has a direct impact on a person's energy level and is even more stressful, indirectly affecting the sex life of the whole men and women.

## 7. Causing weight gain



Following a normal sleeping routine you will maintain a normal schedule of appetite and hunger, but when you sleep less than what your body needs, an increase in the production of ghrelin hormones. This ghrelin hormone stimulates hunger and reduces leptin production and suppresses appetite. Therefore, lack of sleep can affect **appetite control and energy metabolism** .

According to a study published in the journal Sleep and Breathing, studying the relationship between sleep and weight in 21,469 mature adults in their 20s. People who sleep less than 5 hours a day for about 3 years Research will be able to gain weight and gradually become obese. Meanwhile, people who sleep between 7 and 8 hours a night will have better conditions.

## 8. Increased risk of diabetes



A lack of sleep for a long time or even too much sleep increases the risk of developing chronic diseases, including diabetes. A 1999 study showed the negative effects of sleep deprivation related to metabolic and endocrine functions. Diabetes is a **metabolic disorder** .

The researchers conducted 10 different studies, focusing on sleep and body health. Results showed that 7-8 hours of rest every night is the best limit to avoid **insulin-** related problems.

## 9. Ease of accident



Lack of sleep weakens coordination, causes longer response times, weakens judgment, memory and ability to store information. All of these factors affect your ability to drive, increasing the risk of accidents. Driving sleepy or while your body feels tired can lead to accidents on the road.

According to the National Sleep Foundation, if you only sleep 6 hours or less each day, you may be at risk of 3 times more traffic accidents than others. The most vulnerable are those who work in shifts, drive cars, business travel and anyone who has to work too much without rest. Think carefully before driving if you're lacking sleep.

## 10. Causing harm to the skin



A lack of sleep for one night can cause **swelling, dark circles under the eyes and pale skin** . So just imagine enough to see how your skin will be hurt if you are seriously asleep.

In the study, a group of people between the ages of 30 and 50 were assessed based on their sleeping habits and skin condition. The results showed that people who sleep too little often appear crow's feet, wrinkles, melasma and have an unstable skin texture, compared to the rest. People who are sleep deprived often feel unhappy about their appearance compared to those who take adequate rest.

**Getting enough sleep** is not meaningless, it can save your life. Take a moment to consider all the risks before deciding to stay up late to watch TV. After that, turn off the lights and enjoy 7 to 8 hours of rest to preserve your beauty and health. Over time, lack of sleep can lead to chronic health problems and negatively affect your quality of life.

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