When you don’t get enough rest, even for just one night, your body feels the effects.

- Blood sugar control gets worse
- Blood pressure goes up
- You crave junk food
- Your reflexes slow
- You feel cranky
- You feel hungrier
- It’s hard to problem-solve & learn
- Your immune system may get weaker

Over time, you may be more likely to get diabetes, heart disease, obesity, colon cancer, and dementia.

Sources: Harvard Medical School Division of Sleep Medicine, Johns Hopkins Medicine, National Sleep Foundation, Nature Medicine, University of California, Berkeley, Cancer, The Pediatric Infectious Disease Journal.