

10 WAYS A LACK OF SLEEP IMPACTS YOUR LIFE

Sleep is essential for good health and a great attitude. Here's what happens when you skip your snooze time.

1

POOR JUDGEMENT

Your ability to tell right from wrong nosedives when you're tired.

6

LACK OF SELF CONTROL

You will notice you lose your temper or stop acting like yourself.

2

NO CREATIVITY

Feeling uninspired? You're probably in need of some shut-eye.

7

IMPATIENCE

Irritation and frustration are signs of poor sleep.

3

SLOW METABOLISM

Food doesn't digest as well when you haven't slept enough.

8

POOR IMMUNITY

If you're getting sick a lot, get some more sleep (and visit your doctor).

4

REDUCED COORDINATION

Clumsiness and being accident-prone are linked to a lack of good rest.

9

DODGY DECISIONS

If you're asking, "Why did I do that?" it could be because your snooze is overdue.

5

WEIGHT GAIN

You're hungrier when you're tired and more likely to make poor food choices.

10

GOODBYE SPARK

Your bright shiny personality gets dull and you start looking older.

