



Consequences of Poor Sleep Health



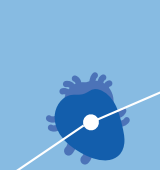
Short sleep duration is associated with a wide range of adverse health outcomes.

Poor Mental Health
Increased risk of depression



Memory Problems
Increased risks of developing dementia (including Alzheimer's disease)

Hallucinations



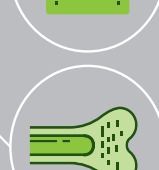
Heart Disease
Increased risk of heart disease, stroke, and type 2 diabetes

High Blood Pressure
Increases blood pressure



Cancer
Increased risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

Cold and Flu
Weakened immune response



Obesity
Increases risk of weight gain

Diabetes



Inflammation
Arthritis pain

Accident Prone