

What Lack of Sleep Does to Your Body

Don't skimp on slumber if you want to be as healthy as you can be.

According to the National Sleep Foundation, most healthy adults need 7–9 hours of sleep a night. If you consistently fall short of this goal, you may be increasing your risk for obesity, cognitive impairment, a compromised immune system and much more.

In **2011** Harvard scientists estimated that sleep deprivation costs U.S. companies **\$63.2 billion** in lost productivity per year.

In one study, middle-aged and older adults who reported **5 hours** of sleep or less were **2.5 times more likely** to have diabetes, compared with those who slept 7–8 hours per night.



Several studies have found that sleep deprivation raises blood pressure. Half a night of sleep loss has been reported to **increase blood pressure** in people with hypertension or prehypertension.

When exposed to the cold-causing rhinovirus, study subjects averaging less than 7 hours of sleep a night were about **THREE TIMES MORE LIKELY** to develop cold symptoms than study volunteers who slept 8 or more hours a night.

Insufficient sleep decreases the number of genes that peak and fall in expression during a 24-hour period from **1,855** to **1,481**. Less than 6 hours of sleep a night affects more than **700** genes.

Sleeping

5 hours

or less may increase mortality risk from all causes

by roughly

15%.