

## The Health Effect of Lack of Sleep

It is recommended to have eight hours of good-quality sleep per night to function properly – but some need more and some less. There are many health effects associated with lack of sleep.



Increased risk in  
High Blood Pressure



Increased risk in  
Depression



Increased risk in  
Dementia & Cognitive  
Decline



Increased risk in  
Obesity



Increased risk in  
Heart Attack or Stroke



## Sleep Better for a Healthier Life