

WHILE YOU ARE NOT SLEEPING

When we don't sleep **our immune system goes into overdrive, which leads to systemic inflammation and turns on dangerous genetic switches.**

Everyone's immune system is unique, **people are affected differently - here are just a few examples:**

- *Neuropsychiatric disorders, impaired alertness and cognition, and headaches*
- *Vision problems, including blurred vision, floppy eyelid syndrome, glaucoma, even temporary blindness*
- *High blood pressure*
- *Increased levels of cortisol, a hormone associated with stress*
- *Cancer*
- *Difficulty with sexual functioning*
- *Increased food cravings and hunger*
- *Insulin resistance, type 2 diabetes*
- *Hearing loss*
- *Muscle weakness and decreased athletic performance*
- *Heart disease*
- *Skin problems and rashes, including eczema*
- *Hair loss*
- *Disrupted metabolism, weight gain and obesity*