

WAKE UP AMERICA: WE HAVE SLEPT LONG ENOUGH

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11 Things That Happen To Your Body When You Don't Get Enough Sleep

You don't have to wake up at 5 a.m. after all. The study did find that students getting enough sleep won't help you if you sleep irregular hours.

Get Enough Sleep | Mental Health America

Keep the American awake long enough. Assuming you get enough sleep at night, you may be the victim of a complication sleep scientists call "The Problem of."

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The Secret To The U. Your doctor can check whether your sleep issues are caused by some underlying health problem, like depression or a thyroid disorder, and can help with a treatment plan or referral to a sleep specialist. In a study researchers at the University of Pennsylvania and Harvard Medical School found that reaction times and performance on cognitive tasks plummet for those getting four hours of sleep and those getting six hours of sleep.

For example, if you're sleep deficient, you may have trouble fighting common

Studies show that a good night's sleep improves learning.

Mistake 4: You skip breakfast. For example, shift workers and teens who have early school schedules may have trouble getting enough sleep.

These movement disorders can rob you of needed sleep. Woman filmed licking ice cream
it's important to pay attention to your own individual needs by assessing how you feel on different amounts of sleep.