

# Sleep well, or suffer

Lack of sleep causes more harm to your body than you can ever imagine. Read on to find out

## WHAT IT DOES

**You crave junk food:** In a recent study, participants who went without proper sleep for two consecutive nights were found with higher levels of hunger-inducing hormone ghrelin and less of the appetite-suppressing hormone leptin. If you sleep less, your body demands more calories than it normally does.

**It may lead to: Obesity**

## WHAT IT DOES

**Obese people find it difficult to process glucose:** It's no secret that glucose is extremely important for your body. However, if you go without proper sleep for six days, you develop a resistance towards insulin, the hormone that helps the transportation of glucose in the body. Studies have proved that those who are irregular in their sleep pattern have difficulty when it comes to metabolism of sugar.

**It may lead to: Type 2 diabetes**

## WHAT IT DOES

**You're perpetually stress-**



**ed:** A study conducted by the University of Chicago found that inadequate sleep increases levels of cortisol (a stress hormone) during the afternoon and evening. This in turn causes an increase in the heart rate, blood pressure, and blood glucose. Not to forget, the increased level of cortisol comes during the day and hence disrupts the everyday routine

**It may lead to: Hyperten-**

**sion and heart disease**

## WHAT IT DOES

**Weakens your immune system:** Research has shown that those who go without proper sleep for 10 days show higher levels of C-reactive protein, which is directly linked to heart disease and other immune malfunctions. Not only that but those who sleep less are more prone to flu and other viral attacks, because of weak im-

mune system. Their body shows only half as many disease-fighting antibodies as compared to those who met their daily quota of sleep.

**It may lead to: Inflammation, which can lead to heart disease, stroke**

Need we go on, or have you got the point? Basically, sleep well – a minimum of seven hours everyday – and you'll lead a long, healthy life.

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