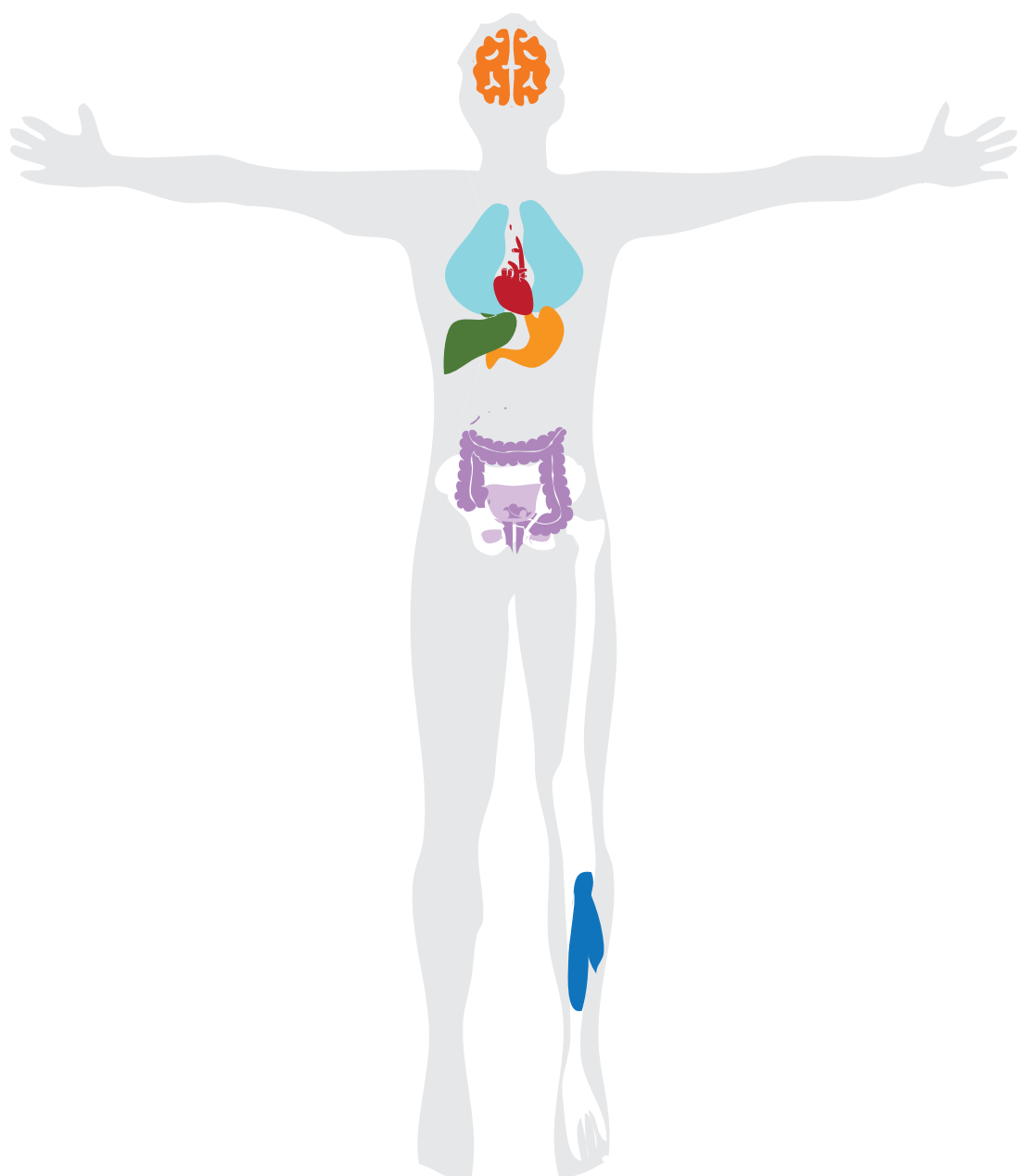




EFFECTS OF SLEEP DEPRIVATION



IRRITABILITY
HALLUCINATIONS
SEVERE, ONGOING YAWNING
MEMORY LOSS OR LAPSES***
IMPAIRED MENTAL PERFORMANCE
DECREASED PROBLEM SOLVING
ABILITY
INCREASED STRESS-RELATED DIS-
ORDERS
INCREASED RISK OF DEPRESSION
AND MOOD
INTERFERES WITH HORMONE PRO-
DUCTION RELEASED BY PITUITARY
GLAND DURING DEEP SLEEP

ACCELERATED TUMOR
GROWTH*

INCREASED RISK OF HEART DISEASE

WEAKENED
IMMUNE SYSTEM

INCREASED RISK OF PRE-DI-
ABETIC STATE**

DIGESTIVE ISSUES INCLUDING STOMACH
ULCERS AND CONSTIPATION

PREMATURE SIGNS OF AGEING

DECREASED PHYSICAL PER-
FORMANCE IN SPORTS

BODY ACHES AND TREMORS