

SLEEP DEFICIT

Sleep debt or sleep deficit is the difference between how much sleep you need and how much you actually get.

When you sleep fewer hours than your body needs, you have a sleep debt. Sleep debt adds up over time and can negatively impact your health.

If don't get enough sleep on a regular basis, you might:

- Feel tired throughout the day
- Lose your ability to remain focused and efficient during the day
- Weaken your immune system
- Make it more difficult for your brain to process and store new information

Improve your sleep hygiene and reduce the chances of accumulating sleep debt:

- Keep a set sleep schedule
- Develop a nightly routine
- Consider daytime habits
- Improve the bedroom environment