



# Sleep Deprivation

Results in

- Impaired decision making
- Heart disease and other health problems
- Metabolic changes linked to obesity

**WAKE UP to the facts**



To learn more, visit:  
[www.valorforblue.org](http://www.valorforblue.org)

Source: <https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency>

This project was supported by Grant No. 2019-VI-BX-K001 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking (SMART). Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

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