



# 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>

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