## Sleep Deprivation Can Result In . . .

**Depression** 

**Inability to Concentrate** 

**Impaired Judgment** 

**High Blood Pressure** 

**Kidney Disease** 

**Weakened Immune System** 

**Heart Disease** 

**Obesity** 

**Stroke** 

**Diabetes** 





To learn more, visit: www.valorforblue.org

Sleep Well, Be Well

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

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