

SLEEP



What would happen if you didn't get enough sleep?

<https://www.youtube.com/watch?v=dqONk48I5vY>

Lack of sleep can lead to:

- **Hormonal Imbalance** = Negative effects on memory, mood, and reaction times.



- **Illness** = Body can get sick = Hallucinations, high blood pressure, and even linked to Diabetes and Obesity.



Adults need 7-8 hours of sleep

People ages 10-19 need about 10 hours of sleep.

