



Avoid The Blue

Effects Of Not Enough Sleep



Lack of quality sleep may contribute to increased risk for cancer.



Chronic lack of sleep can also increase the risk of weight gain and obesity.



Inadequate sleep may also affect mental health, including a higher risk for depression.



Lack of sleep could also potentially mean a greater risk for diabetes, stroke, and heart disease.



Not getting enough sleep can affect cognitive ability, memory, and reaction time.

Fight Blue Light

Here are some tips for helping you get the sleep you need:



Turn off those screens 2–3 hours before bed.



If you do have to use screens, consider blue-blocking glasses or adjusting the light tones on your device.



Use warmer, redder lights as night lights.



Don't bring those devices into your bedroom.

Source: Harvard Health Publishing, 2018



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