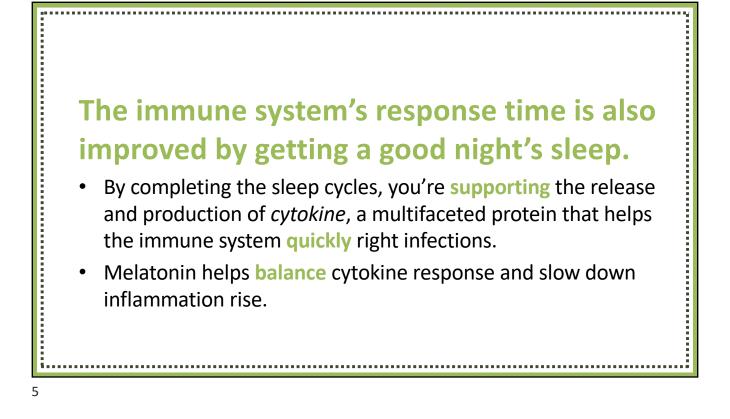


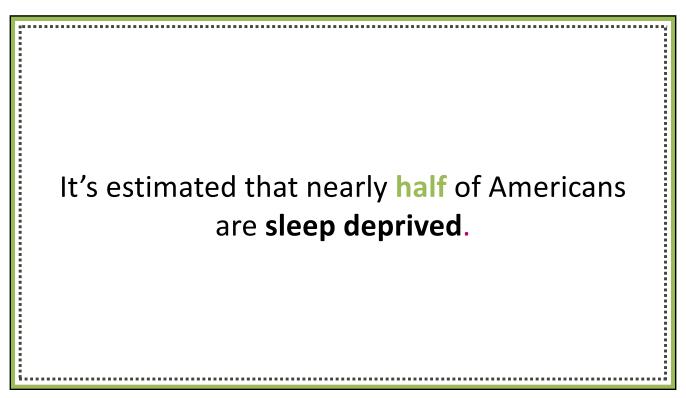
Sleep is necessary for your immune system to run as efficiently as possible...

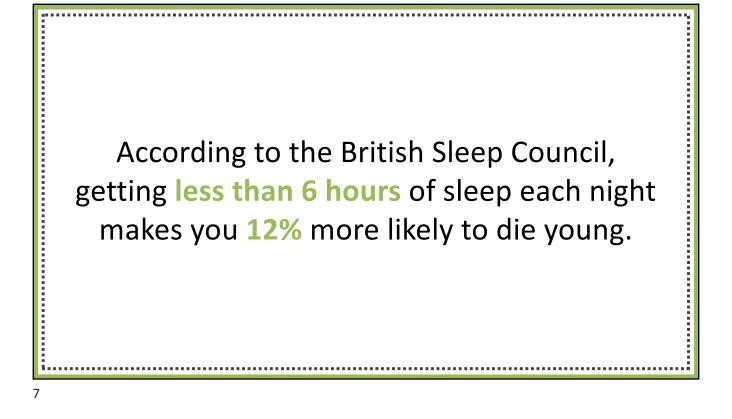
Sleep Fosters T Cell Production

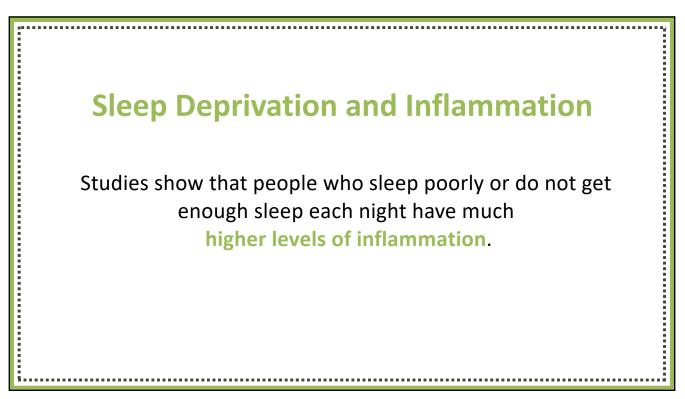
- T Cells are white blood cells that play a critical part in the immune system's response to viruses.
- The more T cells the better the chance of **fighting** off infection.
- Sleep deprivation, **stops** T Cells from responding efficiently , makes it more difficult for the body to **fight** back against disease.

3









Sleep Deprivation and Inflammation

- A study conducted by the Morehouse School of Medicine and the Emory University Sleep Program found that acute sleep deprivation leads to an increased production of inflammatory hormones and changes in blood vessel function.
- The study showed that people who reported six or fewer hours of sleep had higher levels of three inflammatory markers, one of them being C-reactive protein (CRP).

Sleep Deprivation and Inflammation Loss of sleep, for even just a few short hours during the night, can trigger your immune system to **turn against** healthy tissues and organs, causing **tissue-damaging inflammation**.

9

