Are You in Sleep Debt?

Our bodies give us plenty of signals when we’re tired

- Simple decisions stump you.
- You’re still hungry—after eating all day
- You keep coming down with colds
- Weird things make you cry
- You’ve become a klutz

Sleep Debt isn’t something you can pay off in a weekend. Researchers say it can take weeks of building up RESTORATIVE sleep habits. Here are some signs you need to make

Sleep Deprived?

How to tell if skimping on your Zzz’s is hurting your health

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2. You’re still hungry—after eating all day
3. You keep coming down with colds
4. Weird things make you cry
5. You’ve become a klutz

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