

PARTNERSHIP PROGRAM

THE SIDE EFFECTS OF FATIGUE QUICK FACTS

Long-Term Health Effects

If you regularly have poor sleep, you are:

5 ×



Five times more likely to have depression

3 ×



Three times more likely to have cognitive decline

2 ×



Twice as likely to develop dementia, as sleep clears your brain of a toxin linked to dementia

50%



50% more at risk of obesity as lack of sleep makes the body hungrier



More likely to develop cardiovascular disease

Short-Term Health Effects

inadequate sleep



increases your chances of succumbing to illness, such as flu infections



is linked to poor mental health and depression and affecting our mood

In the workplace...



Chronic sleep deprivation is associated with slower thought processes, more errors and poor judgement and memory

When Driving...



People with poor sleep are between two and seven times more likely to be involved in a motor vehicle accident

1 in 5



Around one in five accidents are attributable to fatigue and daytime sleepiness