

Sleep Deprivation is More Than Red Eyes

In our visually-oriented society, many see red eyes as the only consequence of a bad night's sleep. In reality, dry, scratchy red eyes are often only a sign of a much larger problem.

Sleep deprivation can affect every system in your body.

What??? How's that even possible? I'll explain, but first, a little background.

Our bodies are amazing constructions. That old song about, "The hip bone's connected to the thigh bone and the thigh bone's connected to the leg bone..." is true. Every bone in our bodies is interconnected by joints, muscles, ligaments and tendons.

Even deeper, nerves connect all these areas to the spinal column and from there to the brain. Our nervous system knows when something is wrong and how to fix it. But when we're awake, there's so much going on, our brains have to prioritize activities.

That's where sleep comes in. When we sleep, our body does maintenance and repair on whatever area or system needs it. Just like a car, some problems require more work than others. If your body doesn't have enough time to finish the job, you're going to feel out of sorts.

You know the signs – more irritable, anxious about completing tasks correctly, even making choices you wouldn't normally consider. Not to mention the dark circles and bags under your eyes that no amount of make-up can hide.

That's not so bad, right? You can handle a few sleepless nights; no big deal.

Wrong!! Studies have shown sleep deprivation can lead to weight gain, heart disease, diabetes, a weakened immune system, advanced aging of the skin and a lower sex drive. Any of the conditions can make a big impact on your daily life. Red eyes are the least of your worries!

So, if you're having problems with a chronic lack of sleep, it's time to speak with a professional about your options. Taking the time to address the issue now can prevent more serious problems in the future. Your best health and wellness are up to you; aren't you worth the effort?

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