SLEEP DEPRIVATION

We all certainly know how important sleep is but the difficult thing is that as many as 33% or more of US don't sleep well.  
   
And that wrecks your immunity, sours your mood, raises your blood pressure, and reduces your work efficiency and productivity.   
   
And now a recent study reveals that people who are chronically sleep-deprived and think they can catch up in one night really can't.   
   
It's a myth.   
   
Sure you can feel better for a little while but lack of sleep and losing sleep really accelerates your aging.   
   
When you get less than 6 hours of sleep your body's rhythm gets all thrown off. And although your cortisol and adrenaline rises to give you an awake boost like a cup or 2 of coffee, you can fall off a cliff when it comes to your ability to pay attention.   
   
Indeed if you sleep poorly for a sustained amount of time, your abilities are 10X worse than if you had simply pulled 1 all-nighter.   
   
According to one sleep researcher, "This is scary because it really reveals that a large segment of the population may be at very high risk."  
    
Dr Oz pointed out that doing a little breathing and meditation before bed helps you sleep without dangerous drugs and moreover, helps you get off of them.