

Watch out for these subtle signs of sleep deprivation that people ignore

iStock

A messed up sleep cycle majorly disrupts your life in more ways than one. Be it workload or mindless scrolling on the phone, nothing is worth sacrificing your sleep for. It becomes more difficult to fix it when you don't even realise you are sleep deprived. You may think you are sleeping just enough because you aren't tired or sleepy all day, but there are some subtle signs that your body tells you that you, in fact, need more rest. It can do more damage than you think and affect a lot from your mood to your memory.

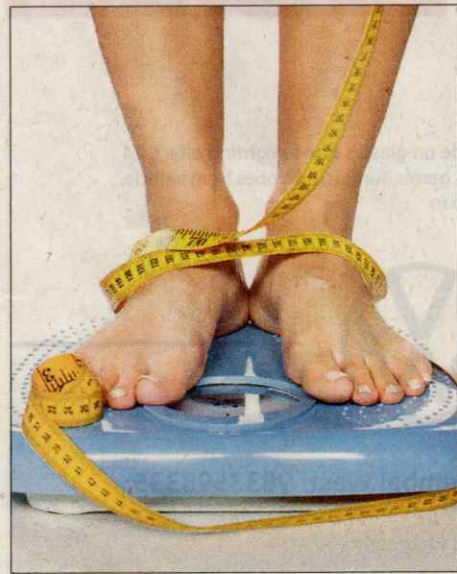
Here are some common tell-tale signs that are often overlooked, but you shouldn't ignore.

1 YOU FEEL MOODY AND EASILY IRRITABLE

The most common sign of sleep deprivation is when you feel depressed, get annoyed too easily and feel crummy especially in the mornings. You may not realise it, but the people around you will tell you straight up. While you think it may be just some work stress, it's actually deeper, which is lack of adequate sleep.

2 YOU START GAINING WEIGHT

There is a relation between your weight and sleep. When you get ample sleep, you feel more refreshed and



healthier. However, when you don't, your hormones signal hunger and you crave more caffeine and junk food and automatically gain a few extra kilos. It is also recommended to sleep enough to lose weight.

3 AFFECTS YOUR SEX DRIVE

When you aren't well rested, you become tired and stressed, which means you most probably will not be in the mood to get intimate. However, it has more biological reasons, too. Sleep directly impacts your hormone levels, stress levels and even how you feel about yourself. You feel sexier when you've had a good night's rest.

4 YOU CANNOT FOCUS OR REMEMBER THINGS

If you find yourself feeling perplexed

If you find yourself feeling perplexed in the office or can't remember minor details or things that happened a few days ago, you need some good sleep to reset and restore

in the office or can't remember minor details or things that happened a few days ago, you need some good sleep to reset and restore. Your body repairs while you sleep and when you don't get the ZZZ's, your body and mind feels too tired to do the extra work.

— Anjali Agarwal, Mensxp