

WHAT LACK OF SLEEP IS REALLY DOING TO YOU



So how much sleep did you get last night? We've all been there. Most people understand the basics of what happens when you don't get enough sleep. Your thinking gets fuzzy and your judgment impaired - including about whether you're getting enough sleep! So you can't really tell what's happening to you. Fortunately, you don't have to, since science can tell you exactly what happens. (Scientists need to be careful with their experiments, though, since it's been deemed unethical to deprive other humans of sleep. After all, sleep deprivation has been used as a form of torture for centuries!)

