

# Effects of not getting enough sleep

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Furthermore, the deprivation of sleep can also be attributed to the intake of extra caffeine (Ford, 1). Nevertheless, the paper will focus on identifying the causes and effects of not getting enough sleep.

Lack of sufficient sleep can result to increase of weight, whereby the body mass index and the size of the waist are increased. Therefore, good quality of sleep can contribute to loss of weight since the lack of sleep leads to the rise of appetite associated with the hormonal changes. In fact, the increase in the appetite results to rise in the ghrelin, while the person is getting sufficient sleep the appetite is suppressed due to the production of leptin.

The other effect of insufficient sleep is the loss of memories, thereby reducing the chances of retaining things learned. In fact, quality sleep can assist in improving memory and insufficient sleep damages the memory, thereby resulting in the case of intellectual impairment. Therefore, lack of sufficient sleep can have a negative effect on cognitive development, thus resulting in low performance in school due to deprivation of sleep.

The other effect of lack of enough sleep is a physical impairment, whereby the coordination and motor functions are affected leading to the delayed reaction. Moreover, the effects decrease in the performance of the cardiovascular, fatigue, decreased endurance, and the results are tremors, clumsiness.