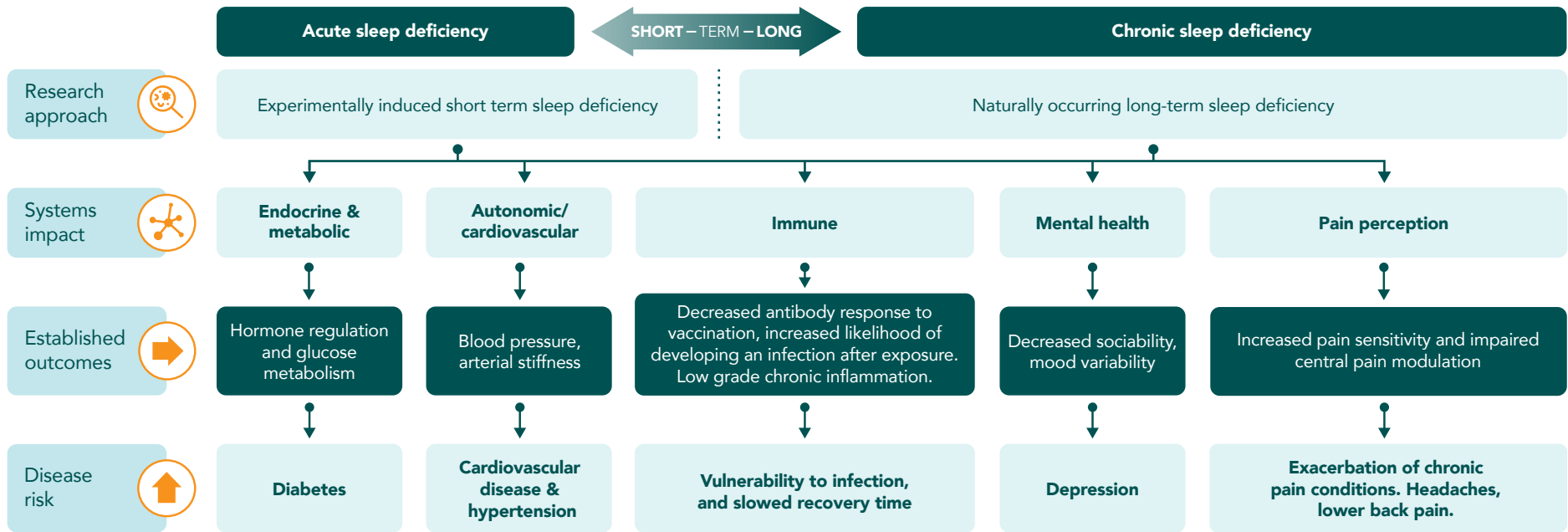


Characterizing the impact of sleep deficiency on physiological systems and health risk indicators



Key point: Acute sleep deficiency impacts multiple organ and physiological systems, including stress and host defense systems. With longer term exposure, system specific risk vulnerabilities may convert to disease.

MULLINGTON, J.M., CUNNINGHAM, T.J., HAACK, M., YANG, H., CAUSES AND CONSEQUENCES OF CHRONIC SLEEP DEFICIENCY AND THE ROLE OF OREXIN; in FNN VOLUME 45.
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