

FIVE SIDE EFFECTS OF STAYING UP LATE

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PHOTO: KAZI TAHSIN AGAZ APURBO

Most of us have had to stay awake throughout the night a number of times in our lifetime. But, if you have adopted this habit and tend to feel good calling yourself a “night-owl”, here are five reasons why you may want to consider quitting that title.



- 1 **Developing Psychiatric Disorders:** Studies have suggested that people who regularly stay awake throughout the night are more prone to developing psychiatric disorders like anxiety, depression, bipolar disorder, etc. Even suicidal tendencies have a link with sleepless nights.
- 2 **Not Looking Too Great?** Are you wondering from where those pimples or dark-circles appeared even though you've been maintaining a clean and sober self? Well, staying awake regularly during the night may be the reason. It can also cause premature aging and result in dry skin.
- 3 **Lessens Productivity:** Doctors have suggested that humans need to have enough sleep (6 to 8 hours) during the night so that our minds and bodies can function properly during the daytime. Bad sleeping patterns can cause one to be less productive and in fact, you are more prone to making poor decisions when lacking sleep.
- 4 **In War With Your Own Immune System:** Studies have suggested that the rate of heart disease, diabetes, obesity and even stroke is high amongst people who have a habit of missing their daily night's sleep. Scientists conducted numerous researches and concluded that our immune system weakens once we strengthen our bond with sleepless nights.
- 5 **Body Clock Gone Haywire:** Our body is functioned in a manner which follows its own internal-clock and carries out certain tasks at certain times. Humans are meant to have their “deepest sleep” at 2:00 am. Sleepless nights can trigger our body-clock to malfunction and cause hormonal imbalance.

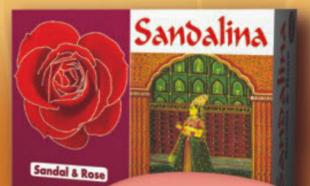
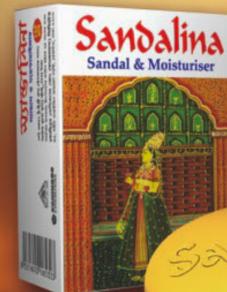
Since the beginning of evolution, humans have been designed to utilise darkness as a source of recharging the brain and body. Let's not fight nature.

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