

Sleep Deprivation

Since sleep is an extremely important factor in our everyday lives, we should always be on the look out for signs of sleep deprivation. If you find that you aren't receiving enough sleep, you should take immediate action to look at and modify your sleep schedule. A lack of sleep will not only effect your personal life but also your business life – we are generally more irritable, less-focused, and make more mistakes when we are tired.

7 Signs of Lack of Sleep

