



CAREER NEWS 2012: LACK OF SLEEP MIGHT CAUSE YOU TO SUFFER IN WORK ... - JOBS & HIRE

PERFORMING WELL AT THE OFFICE DOESN'T JUST HAVE TO DO WITH KNOWING YOUR MATERIAL AND HAVING A GOOD WORK ETHIC. LACK OF SLEEP CAN HAVE A DETRIMENTAL EFFECT ON THE BODY, IT CAN AFFECT THE ALTERATION OF HORMONES, METABOLISM AND CAN EVEN SIMULATE EFFECTS OF AGING. CHRONIC SLEEP LOSS CAN REDUCE THE CAPACITY FOR YOUNG ADULTS TO PERFORM BASIC METABOLIC FUNCTIONS SUCH AS PROCESSING AND STORING CARBOHYDRATES THAT ARE ESSENTIAL FOR ENERGY AND BASIC WORK PERFORMANCE IN AND OUT OF THE OFFICE.

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