

# CANCER PREVENTION: “Addicted to Awake”

## NOVEMBER FLYER

**CHRONIC SLEEP LOSS CAUSES IMMUNE SYSTEM SUPPRESSION**

Sleep Deprived  
Women: 40%  
increased risk of  
breast cancer

Sleep Deprived  
Men:  
50% increased risk of  
prostate &  
colorectal cancer

VIRUS  
TOXINS  
CARCINOGEN  
FUNGUS  
POLLUTION  
BACTERIA  
GERMS  
PARASITES

Harvard Medical School & International Journal of Cancer

**Less than 6 hours of sleep per night can result in:**

- Decreased testosterone
- Time to physical exertion drops up to 30%
- Decreased ability to expire Carbon Dioxide and inspire oxygen
- Lower peak in muscular strength

## SLEEP AIDS

- Non-habit-forming sleep aids such as melatonin can aid in getting to sleep quicker
- Limit screen time at night prior to bed, as this can alter your circadian rhythm
- If possible, use a fan, or white noise generator to drown out background noise to allow for better sleep
- Regular exercise program
- Naps may be necessary when sleep has been interrupted
- Try to make the sleep room truly dark
- Mattresses should be comfortable and supportive
- Rooms should be quiet and private when possible
- Caffeine has a long half-life and should be avoided in the afternoon and into the evening, so they do not cause adverse effects to sleep

Natural killer cells are critical components of the body’s immune response, serving as the first line of defense against cancer cells, microbes, and other potential threats. A single night of poor sleep can impair natural killer cells’ activity by as much as 70 percent. In the short term, this can put us at risk for developing acute illnesses like colds and flu, but in the long term, it increases our risk for much more serious threats, such as cancer.

