

Productive Insights Presents

004. 7 Ways Poor Sleep Is Killing Your Productivity (And What You Can Do About It)



004. 7 Ways Poor Sleep Is Killing Your Productivity (And What You Can Do About It)

In this podcast I discuss the 7 ways lack of sleep is damaging your productivity and your health. Each of these 7 points is accompanied with an actionable tip that you can implement today to improve your sleep habits.

Key Points Covered: How Your Sleep Deprivation Is Playing Russian Roulette with Your Brain. What Improper Sleep Does To Your Circadian Rhythms. Could Your Poor Sleep Habits Suddenly Become Deadly? How Poor Sleep Affects Your Productivity, Concentration And Focus. What Inadequate Sleep Does To Your Creativity and Problem Solving Skills. What Lack Of Sleep Does To Your Metabolism, Your Immunity, And Your Health. Is Sleep Deprivation Causing You To Make Mistakes?





I'd Like To Access More Content From Productive Insights

Yes, please! Magically Transport Me To More Useful
Content Just Like This!