

# Com o Sono Não se Brinca

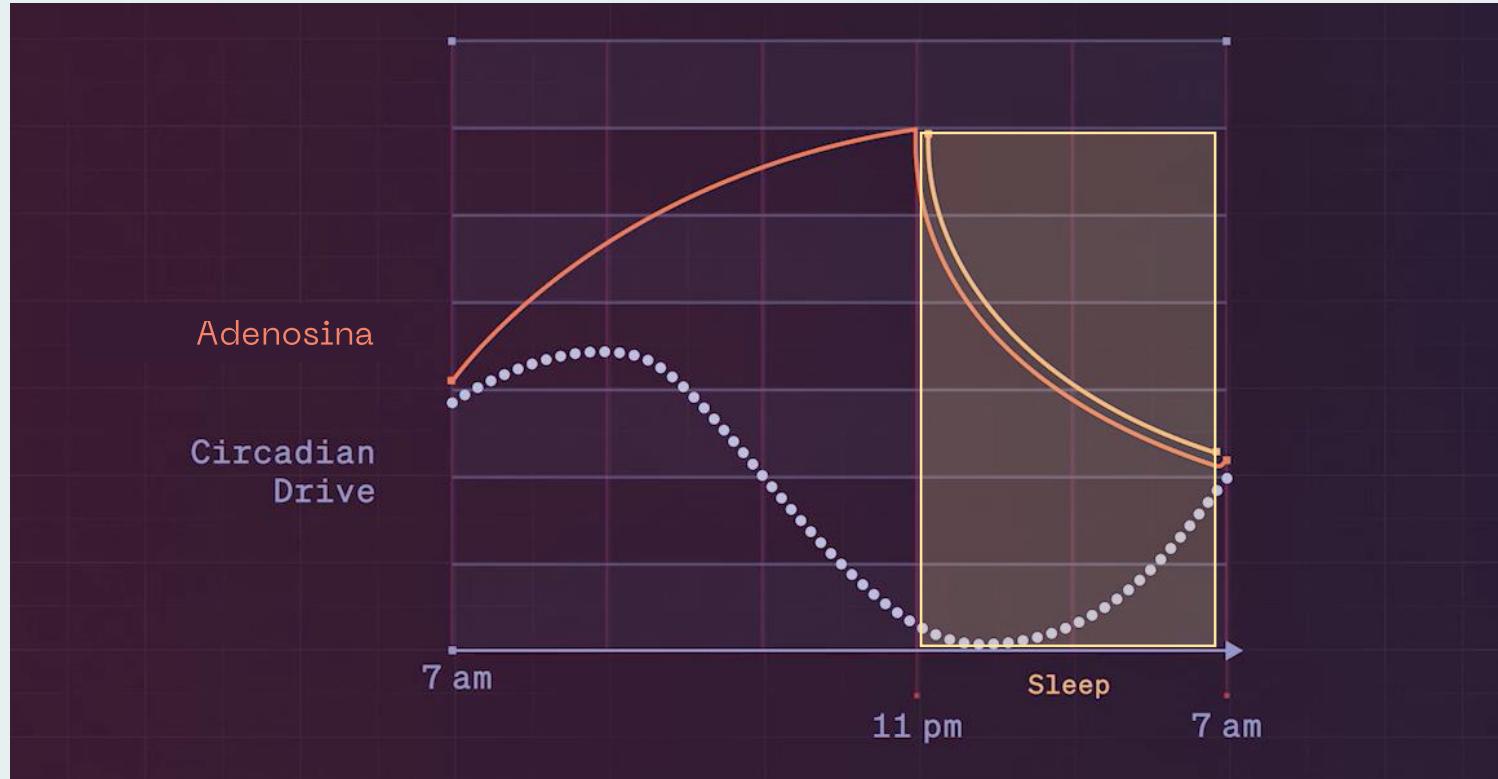
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## Privação de Sono:

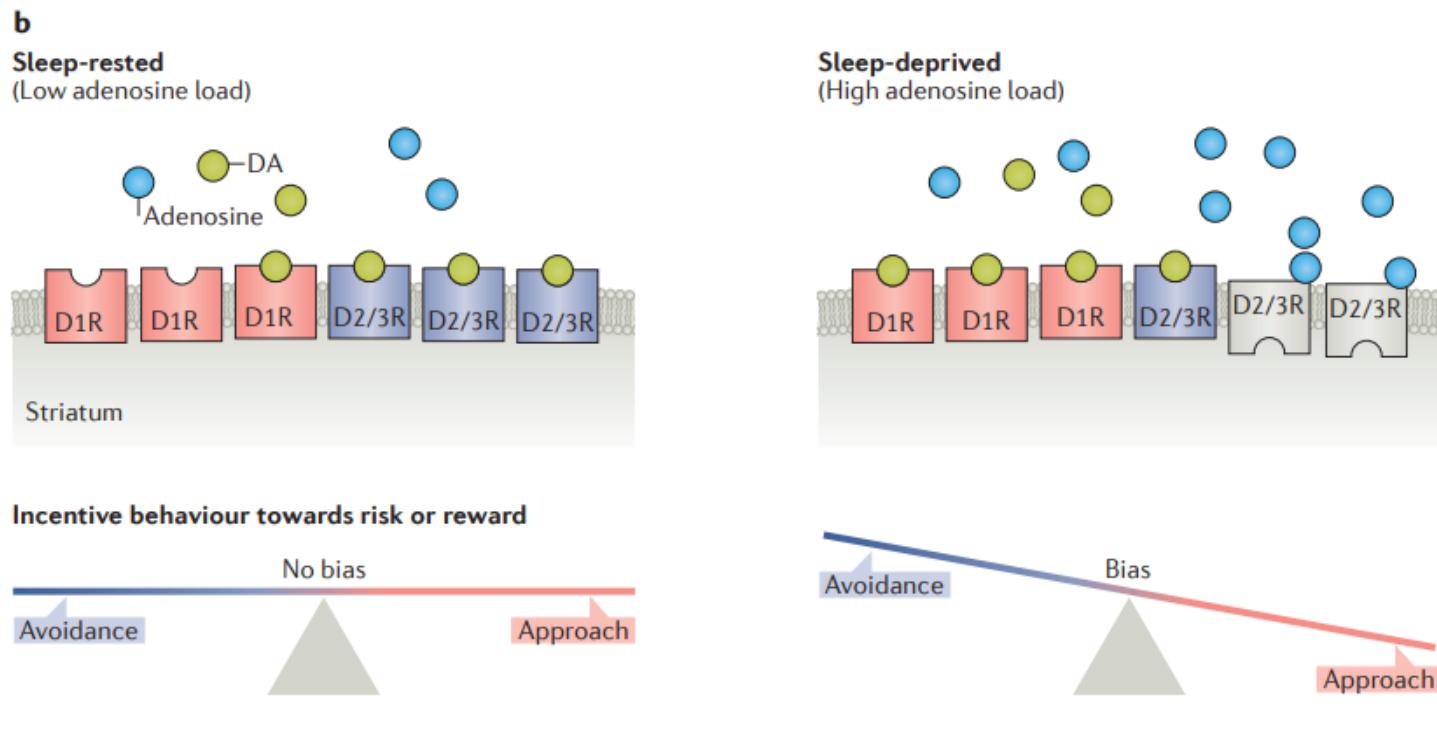
- Relacionada a quase todas as doenças psiquiátricas e muitas doenças metabólicas (obesidade, diabetes)
- São dose-dependente, quanto mais pior as consequências
- Prejuízos não são percebidas subjetivamente quando em baixa dose, mesmo de ocorrendo de forma crônica

# Pressão Do Sono

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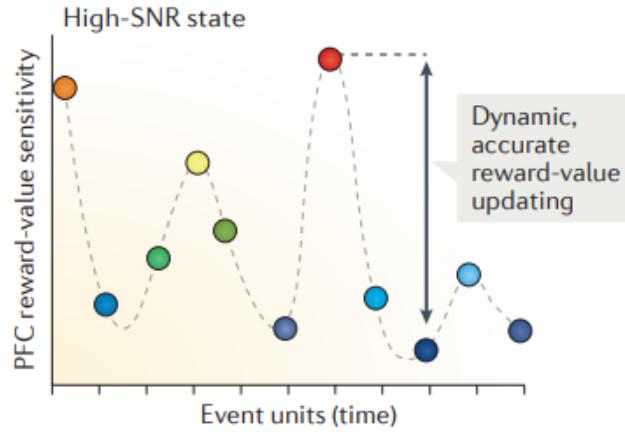


# Impulsividade Sonolenta

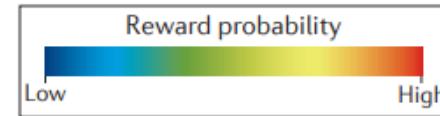
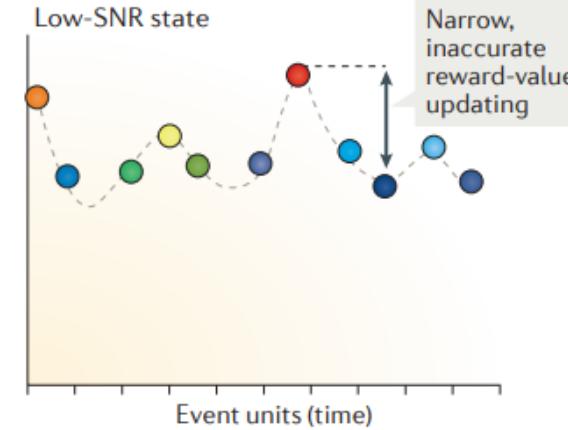


# Tanto-Faz

**c**  
**Sleep-rested**

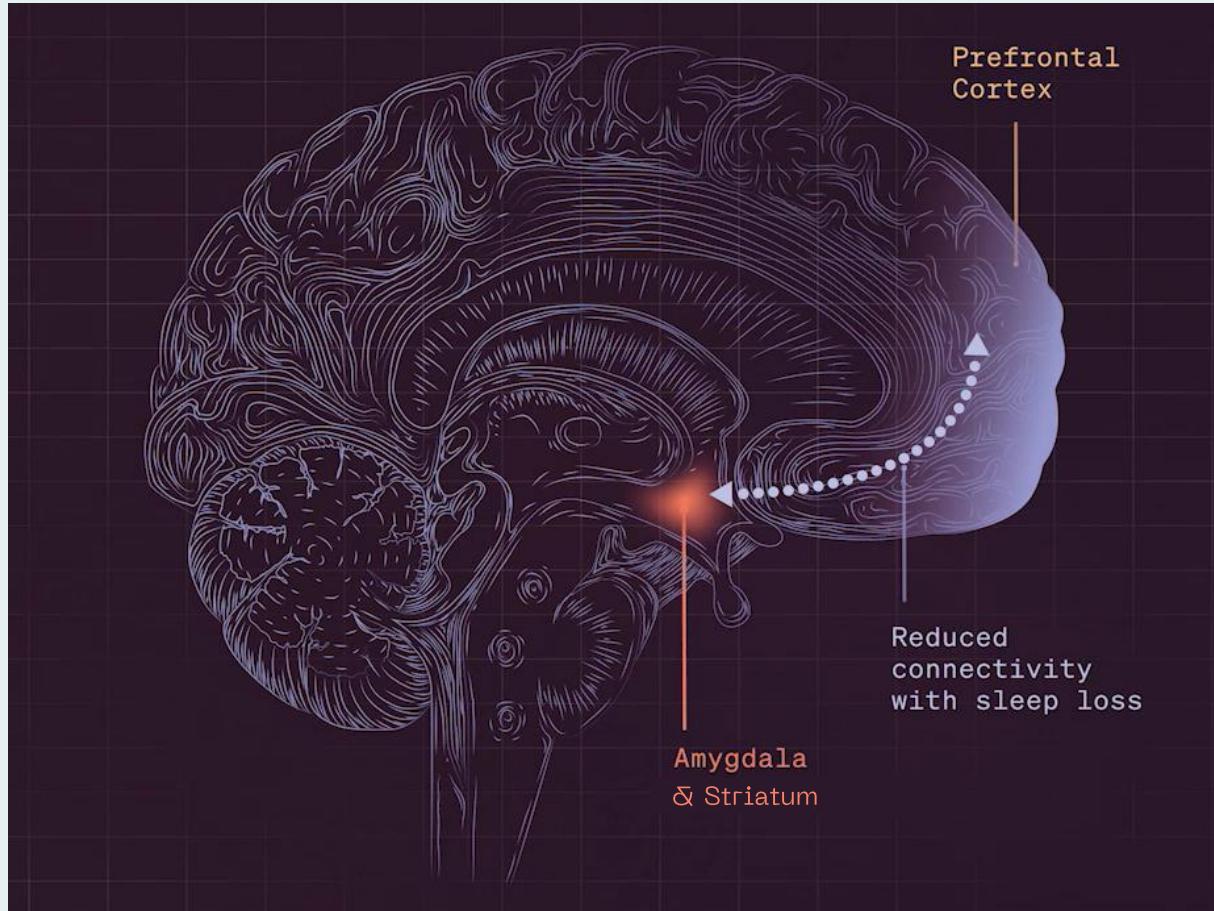


**Sleep-deprived**

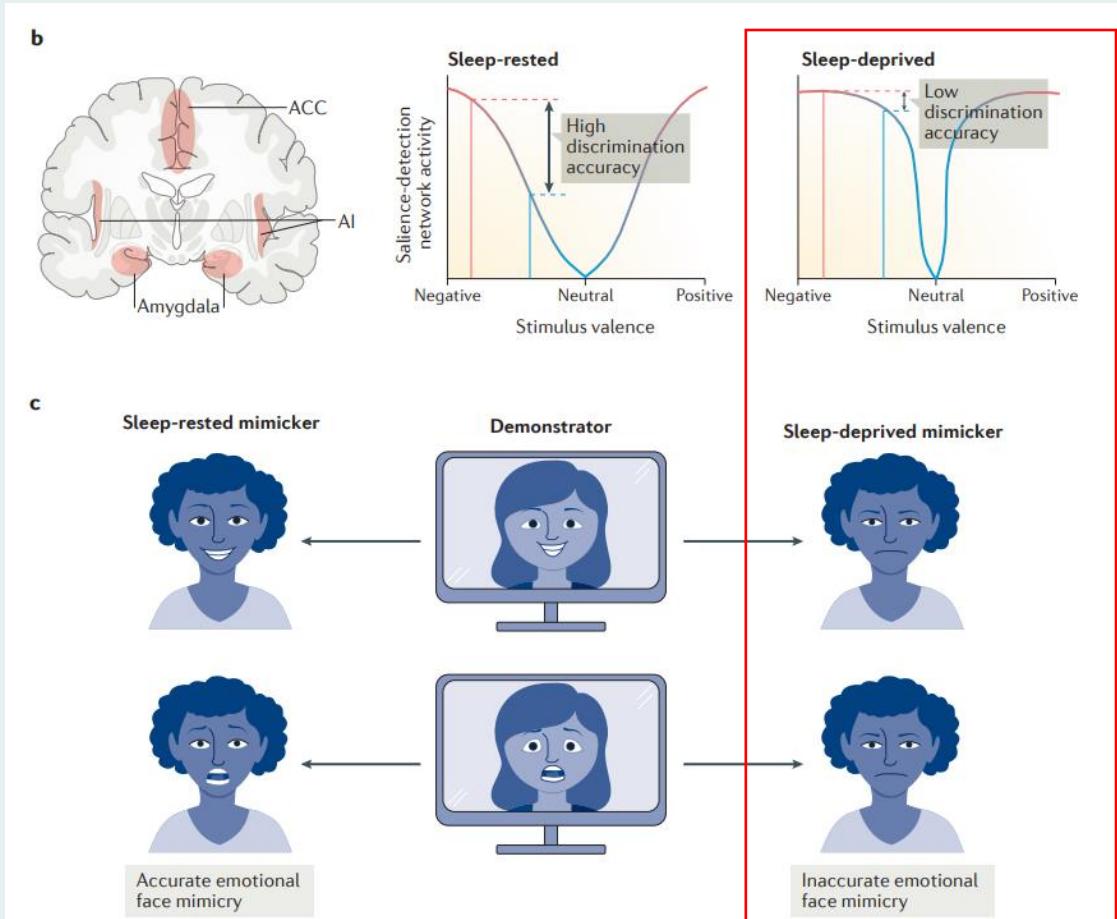


# Conexão da Disciplina

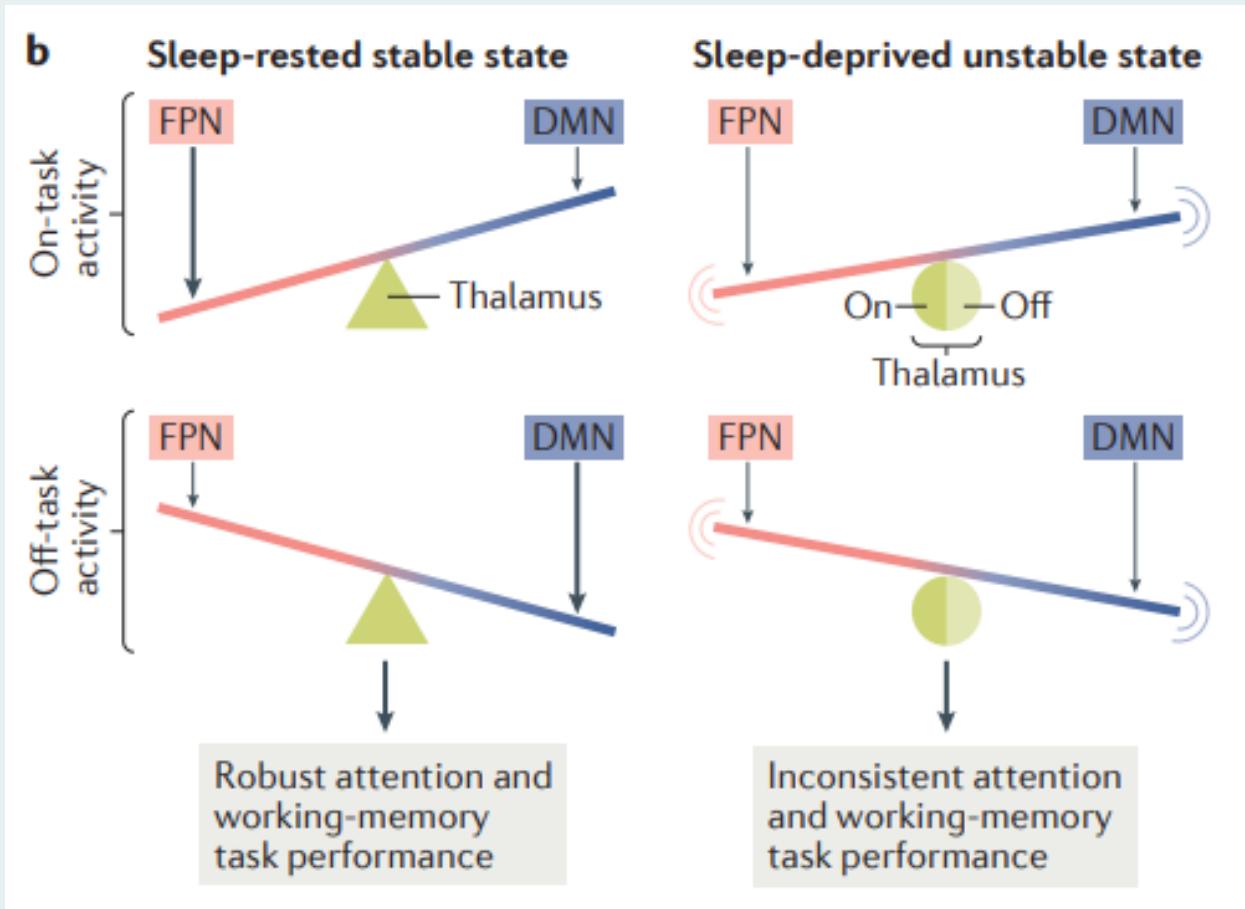
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# Caos Emocional



# Foco Zero



# Não Dorme, não Lembra

