

[Heart disease, high blood pressure, diabetes...Why lack of sleep is much worse for women](#)

Consultant: [Dr Nerina Ramlakhan](#)
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[Dr Nerina Ramlakhan](#), sleep therapist at Catio Nightingale Hospital shares her expert views on 'why lack of [sleep](#) is much worse for women'.

Research and surveys have found that women are more intensely affected by the emotional disturbance sleep deprivation causes. The latest studies have also found that lack of sleep hits women harder - both physically and emotionally - than men.

[Dr Nerina Ramlakhan](#) believes that as women's brains are wired to cope with the surrounding better than men's, so they have evolved to expect to be woken frequently. She also thinks that this has a possible downside and explains that [sleep](#) deprivation can affect a part of the brain that involves the regulation of emotional rebalancing. [Please read the full article](#)