

Sleep Thieves Suffer Health Effects

Weaker Immune System

Shorter Life Expectancy

Higher Risks of
Premature Death

Affects Glucose
Intolerance

Depression

Diabetes

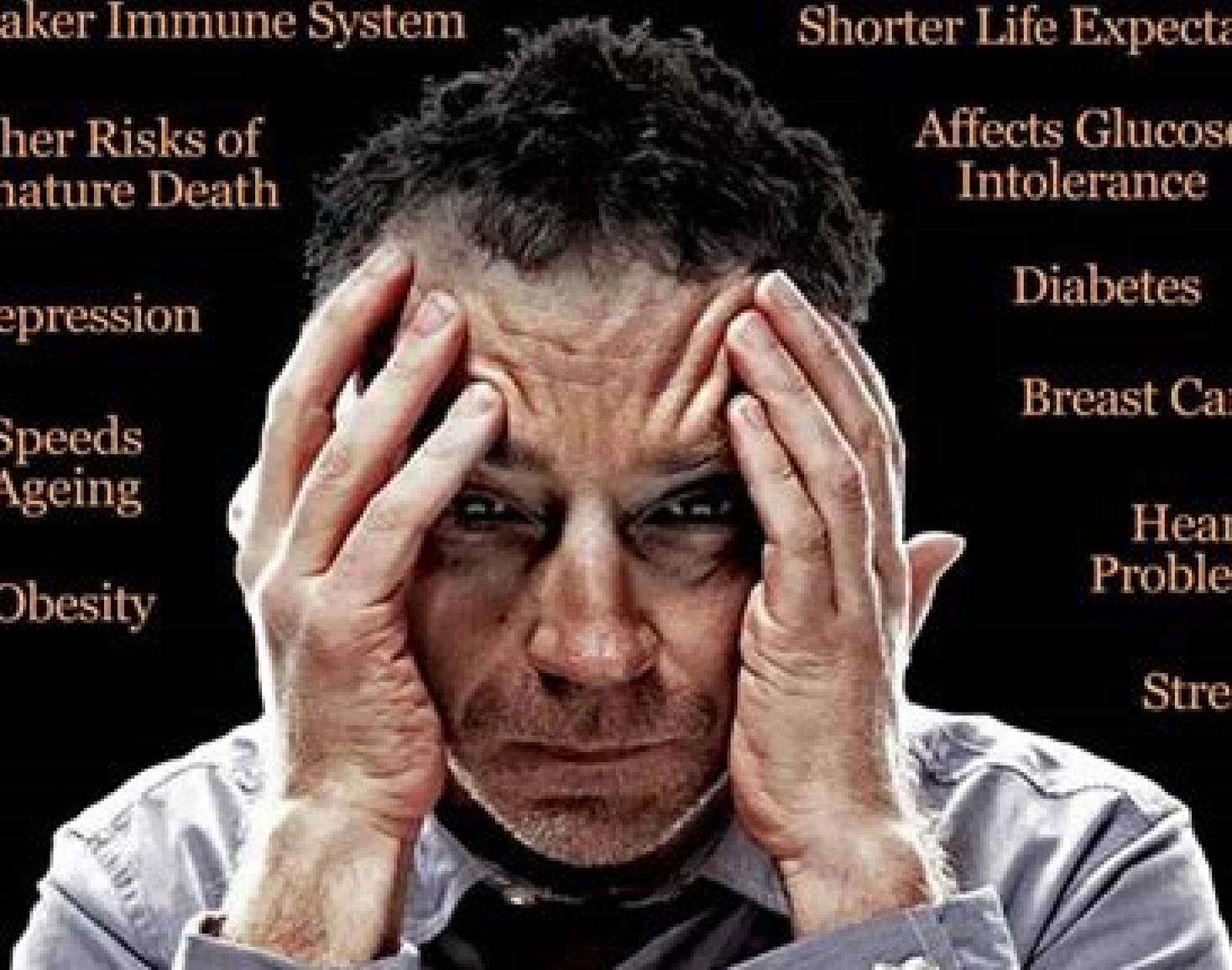
Speeds
Ageing

Breast Cancer

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Heart
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Stress



Sleep Thieves

J. Paul Caldwell



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