

Sleep Thieves Suffer Health Effects

Weaker Immune System

Shorter Life Expectancy

Higher Risks of
Premature Death

Affects Glucose
Intolerance

Depression

Diabetes

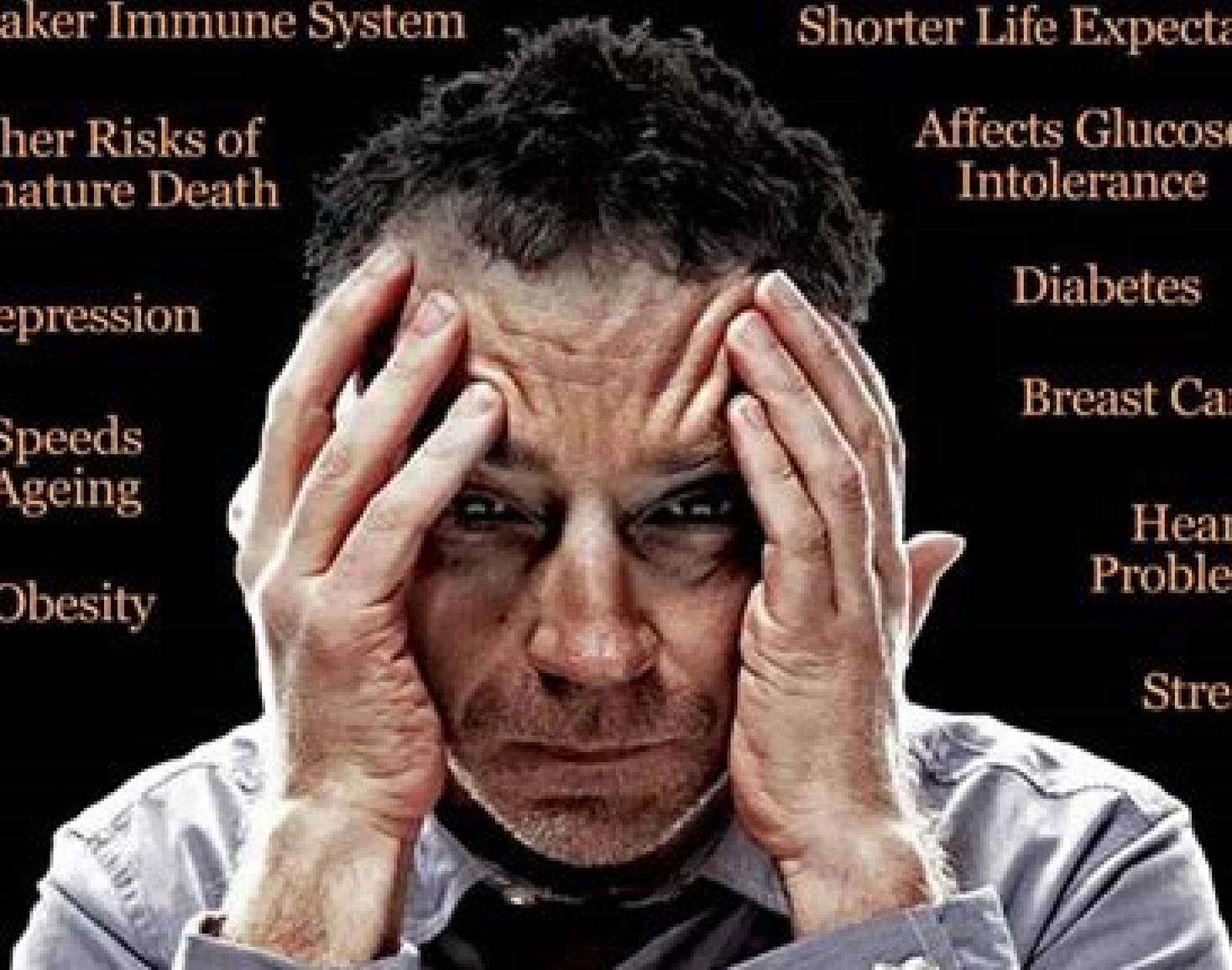
Speeds
Ageing

Breast Cancer

Obesity

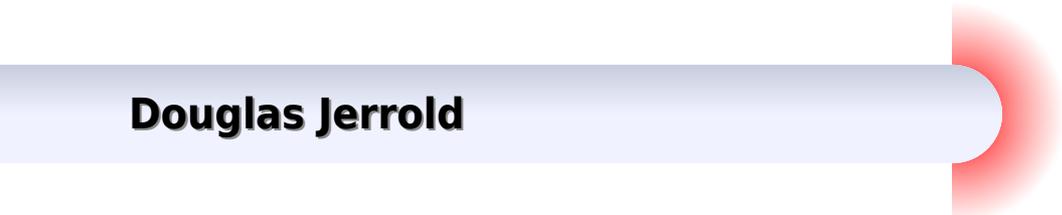
Heart
Problems

Stress



Sleep Thieves

Douglas Jerrold



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