

# Sleep Thieves Suffer Health Effects

Weaker Immune System

Shorter Life Expectancy

Higher Risks of  
Premature Death

Affects Glucose  
Intolerance

Depression

Diabetes

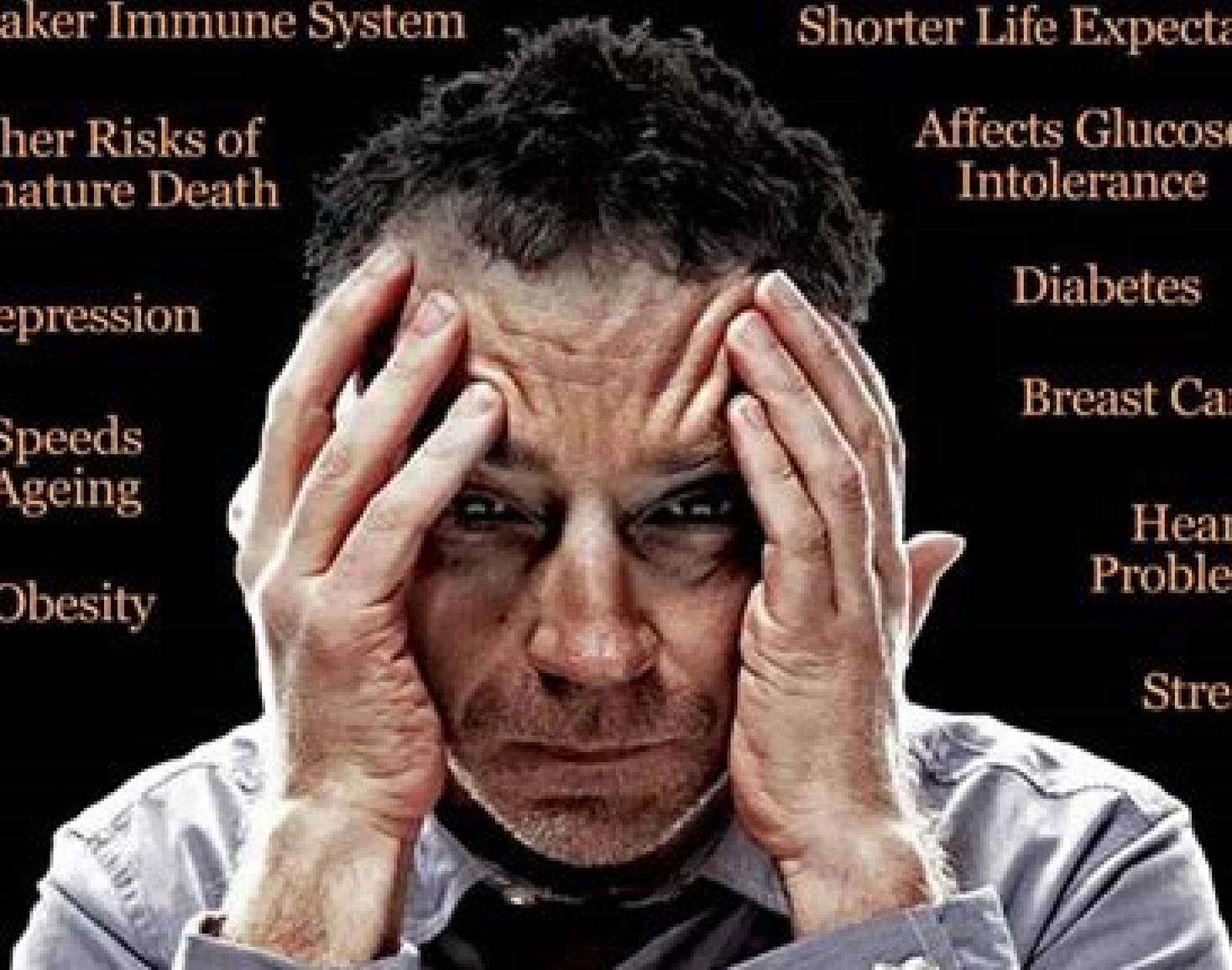
Speeds  
Ageing

Breast Cancer

Obesity

Heart  
Problems

Stress



# Sleep Thieves

**LL Leslie**



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