

Are Sleep Problems Making You FAT...

And Increasing Your Risk of High Blood Pressure, Heart Disease, Kidney Disease, Stomach Ulcers, Depression, Diabetes and Even Cancer?

A recent survey of 5,300 people revealed 61% of adults have significant to serious sleep problems that are affecting their health. It concluded people who don't get enough (quality) sleep are 4 times more likely to have relationship problems, three times more likely to have mood swings, three times more likely to lack concentration, and have three times greater risk of...

Dying Prematurely

Medical experts suggest lack of sleep can:

- Dangerously weaken your immune system
- Accelerate the growth of tumours (*lab tests showed tumours in animals with dysfunctional sleep grew 3 times faster*)
- Seriously impair memory (*a single night of less than 7 hours sleep can dramatically impact your ability to think clearly*)
- Impair your physical and mental performance and decrease your ability to solve problems
- Put you in a pre-diabetic state, making you feel hungry even if you've just eaten
- Increase stress-related disorders including heart disease, stomach ulcers, constipation, mood disorders and depression

According to the respected Journal of the American Medical Association interrupted or impaired sleep can also...

- Lead to high blood sugar and increased risk of diabetes
- Cause Hypertension and increased risk of heart disease
- Accelerate aging (*externally and internally*)
- Exacerbate serious diseases like Parkinson's, Alzheimer's, Multiple Sclerosis and Kidney Disease
- And even increase your risk of cancer

Fat, Fat, Fat

On top of these life-threatening conditions, lack of sleep is making us fat. Two recent studies revealed sleeping habits influence both your ability to lose weight and your tendency to gain weight.

Results showed people who are tired eat an average of 300 calories more — mainly fatty and unhealthy foods (most commonly ice cream). People who sleep for 5 hours or less per night were found to have more belly fat. And a study quoted in the International Journal of Obesity

revealed people trying to lose weight were more likely to lose 5kg with proper sleep (doubling their chances of reaching their target weight).

Drunk and Psychotic

Studies also shockingly reveal lack of sleep causes changes in brain activity similar to those experienced by people with psychiatric disorders. And sleep loss of just 4 hours is equivalent to being drunk with a blood alcohol level of 0.1%.

Sleep Expert Reveals Good News

According to sleep expert Greg Case, with the right advice everybody can get a good night's sleep. His new report: *7 Steps to Solving Sleep Problems* reveals secrets like:

- The simple food you should eat every night 2 hours before bed (*and what you should never eat late at night*)
- What you should do just before going bed and what you should wear to bed
- Which is better: a latex or memory foam mattress? Are pocket springs really worth the extra money? Bedding sales spin exposed
- Firm, medium or soft — discover the right

type of mattress for your body

- You should sleep in on the weekends to catch up on sleep right? Wrong. Why this will make you even more tired
- The most important hours of sleep
- How to know if you're getting enough sleep
- The magic of Serotonin and Melatonin and how your sleep habits could be depriving your body of these miracle hormones
- How your sleep patterns could be affecting levels of Leptin and Ghrelin in your body (*making you gain weight*)
- And many more tips to solve sleep problems, lose weight, delay aging and restore your health.



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Are Sleep Problems Making You OLD...

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