

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

Sam Choo



Sleep Thieves:

Delve into the emotional tapestry woven by in **Sleep Thieves** . This ebook, available for download in a PDF format (*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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