

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

Stanley Coren



Sleep Thieves:

Ignite the flame of optimism with is motivational masterpiece, **Sleep Thieves** . In a downloadable PDF format (Download in PDF: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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