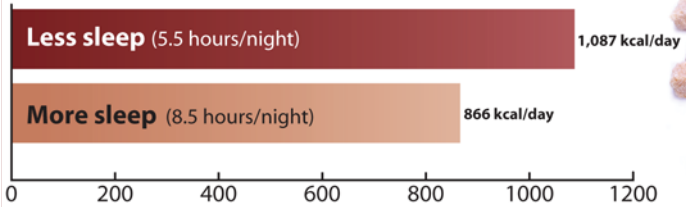


Less Sleep = More Time to Eat

A recent study suggests individuals in an "obesity-promoting environment" (meaning unlimited access to food – sounds like the average U.S. household) who sleep less eat more without expending any additional energy.

Caloric Intake From Snacks



SOURCE: Nedeltcheva AV, Kilkus JM, Imperial J, et al. Sleep curtailment is accompanied by increased intake of calories from snacks. *American Journal of Clinical Nutrition* 2009;89:126-133.