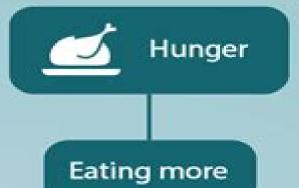
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Hormonal changes

Moving less

Catabolism



WEIGHT GAIN



MUSCLE LOSS .





SCI-FIT.NET/SLEEP-WEIGHT-LOSS

INFOGRAPHIC BASED ON WANG ET AL., 2018

# **Sleep Hacks Weight Loss Plan Review**

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