

POOR SLEEP MAY LEAD TO...



Hunger



Fatigue



Hormonal
changes

Eating more

Moving less

Catabolism



WEIGHT GAIN



MUSCLE LOSS



SCI-FIT.NET/SLEEP-WEIGHT-LOSS

INFOGRAPHIC BASED ON
NEDELTCHEVA ET AL., 2010
SHLISKY ET AL., 2012
WANG ET AL., 2018

Sleep Hacks Weight Loss Plan Review

Michael Seilmaier

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