

Sleeping It Off



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Reading

Researchers at the University of Chicago believe a good night's sleep may be as important as exercise and diet. They found that a lack of sleep can lead to increased body weight. This happens because sleep controls a hormone that tells the brain when the stomach has had enough food. People who get less sleep experience a decrease in that hormone, which made them feel hungry for longer.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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