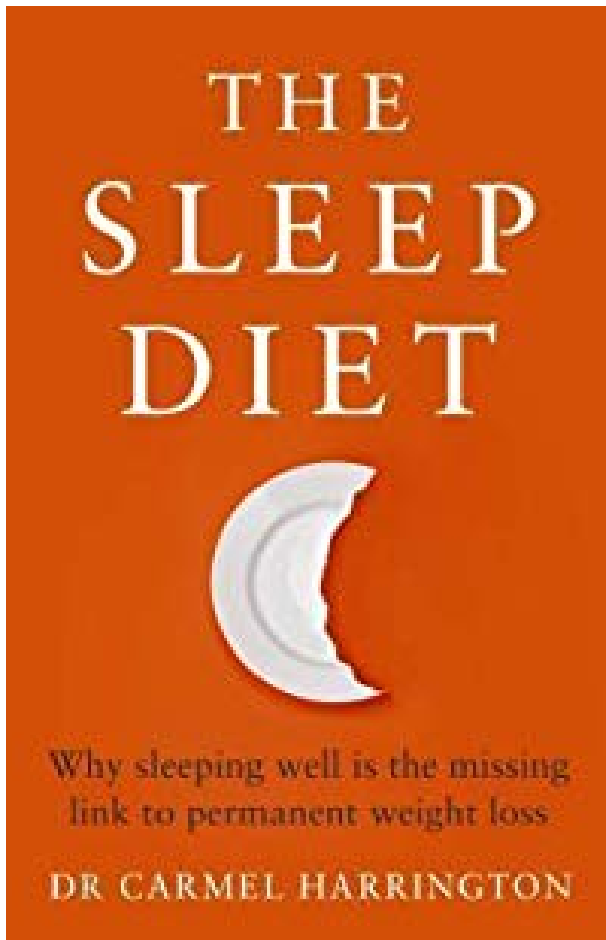


The Sleep Diet



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[The Sleep Diet.epub](#)

We are now sleeping far than ever before and carrying more weight than at any other time in human history. Is there a connection? In this groundbreaking book, Australian sleep expert Dr Carmel Harrington demonstrates the critical link between sleepness and obesity. Drawing from the latest sleep and nutrition research, Dr Harrington reveals the science behind what happens to our bodies when we don't get enough sleep, and how this critically affects our appetite-controlling hormones, our metabolism and how we think and feel. She explains why proper sleep is the missing link in the ongoing and often agonising attempts to lose weight. Dr Harrington shows how to develop habits that deliver high-quality, restorative sleep. She provides a plan for healthy eating and a guide to making sure our improved eating and sleeping habits lead to lasting weight loss. Accessible and authoritative, The Sleep Diet is both a scientifically proven approach and a practical guide to losing weight and improving overall health and wellbeing.