



RELEASE IN PART
B6

From: H <hrod17@clintonemail.com>
Sent: Wednesday, May 12, 2010 7:28 AM
To: 'JilotyLC@state.gov'
Subject: Fw: 2 good articles on the effects of sleep and women's health

Pls print.

----- Original Message -----

From: Carper Margo <[redacted]>
To: H
Sent: Wed May 12 07:25:39 2010
Subject: 2 good articles on the effects of sleep and women's health

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Sleep and Weight Loss-Sleep and Losing Weight <<http://thyroid.about.com/od/loseweightsuccessfully/a/sleepdiet.htm>>

This is the largest study to track the effects of sleep habits on weight gain over time; it included nearly 70000 middle-aged women. ...

thyroid.about.com/od/loseweightsuccessfully/a/sleepdiet.htm - Cached
<http://webcache.googleusercontent.com/search?q=cache:Ulimdhah_UJ:thyroid.about.com/od/loseweightsuccessfully/a/sleepdiet.htm+sleep+deprivation+weight+gain+in+women&cd=2&hl=en&ct=clnk&gl=us&client=firefox-a> - Similar
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Importance of Sleep : Six Reasons Not to Scrimp on Sleep - Harvard ...
<http://www.health.harvard.edu/press_releases/importance_of_sleep_and_health>

The Harvard Women's Health Watch suggests six reasons to get enough sleep: ... Metabolism and weight: Chronic sleep deprivation may cause weight gain by ...

www.health.harvard.edu/.../importance_of_sleep_and_health - Cached
<http://webcache.googleusercontent.com/search?q=cache:fbv8MU1hbCoJ:www.health.harvard.edu/press_releases/importance_of_sleep_and_health+sleep+deprivation+weight+gain+in+women&cd=4&hl=en&ct=clnk&gl=us&client=firefox-a> - Similar
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Margo Carper

