

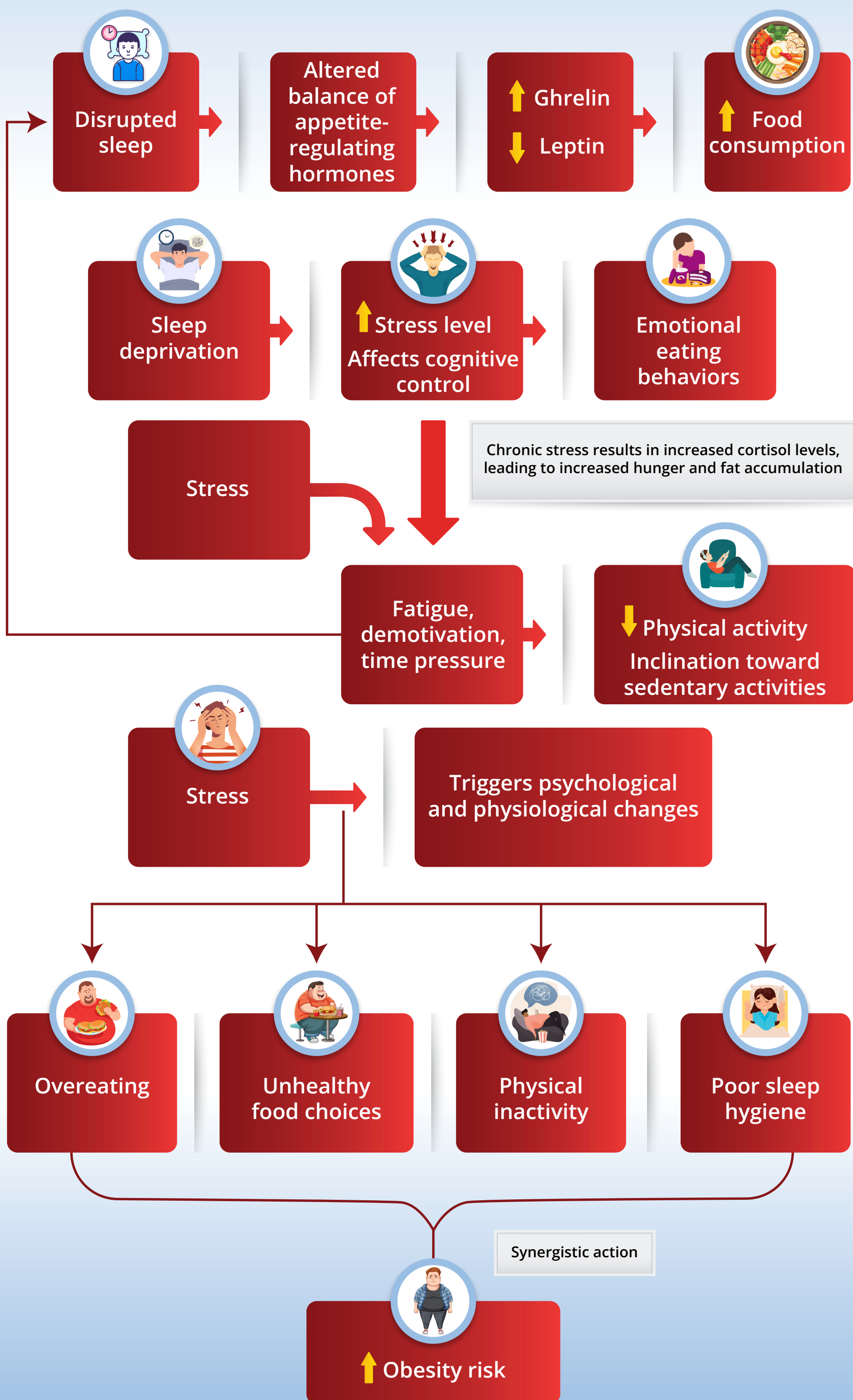


ObesiTalks

Understand. Assess. Act.

IMPACT OF SLEEP AND STRESS ON WEIGHT

Disrupted sleep, stress, and obesity



An increase in sleep duration and effective management of sleep disorders may help restore the balance of appetite-regulating hormones, improve glucose tolerance, and reduce cortisol levels.