

# **Impact Of Sleep And Sleep Disturbances On Obesity And Cancer (Energy Balance And Cancer)**

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## **How Is Sleep Apnea Treated? - NHLBI, NIH -**

Overweight and Obesity; Sleep Deprivation and Deficiency; Sleep Infographic Sleep Apnea Clinical Trials.

<http://www.nhlbi.nih.gov/health/health-topics/topics/sleepapnea/treatment>

## **Journal of Clinical Sleep Medicine - Research & -**

Medical journal for sleep research applicable for the diagnosis and treatment of sleep disorders, find studies on sleep apnea, insomnia, Study Impact: Our results

<http://www.aasmnet.org/jcsm/>

## **SLEEP -**

Sleep and sleep disorder scientific findings. The Impact of Untreated Obstructive Sleep Apnea on Cardiopulmonary Complications in General and Vascular Surgery:

<http://journalsleep.org/>

## **Ghrelin - Wikipedia, the free encyclopedia -**

Body weight is regulated through energy balance, a wide variety of biological effects of ghrelin, Short sleep duration may also lead to obesity,

<http://en.wikipedia.org/wiki/Ghrelin>

### **Effects of too much sleep - WebMD Boots -**

it is possible to get too much sleep, low energy and memory problems as a result of their almost Obesity. Sleeping too much could make you weigh

<http://www.webmd.boots.com/sleep-disorders/guide/physical-side-effects-oversleeping>

### **Shiftwork - health effects | Better Health Channel -**

Jun 25, 2015 Common health problems include sleep disorders, digestive upsets, obesity by working when cancer. In addition: Sleep deprivation

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Shiftwork\\_health\\_effects](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Shiftwork_health_effects)

### **Insomnia Causes - Diseases and Conditions - Mayo Clinic -**

Your Impact; Frequently Asked Examples of conditions linked with insomnia include arthritis, cancer, Tamanna S, et al. Major sleep disorders among women

<http://www.mayoclinic.org/diseases-conditions/insomnia/basics/causes/CON-20024293>

### **Causes - Excessive Sleepiness - National Sleep -**

Sleep & Obesity; Sleep, Cancer Most sleep disorders disrupt a person's slumber One fairly common reason for excessive sleepiness is obstructive sleep

<http://sleepfoundation.org/excessivesleepiness/content/causes>

### **Obesity & Sleep - National Sleep Foundation -**

Learn how proper treatment and decisions can help you on National Sleep sleep.org; Sleep Problems & Disorders; View More Home >> Sleep Topics >> Obesity and Sleep

<http://sleepfoundation.org/sleep-topics/obesity-and-sleep>

### **Obesity: Practice Essentials, Background, -**

May 13, 2015 (see the energy-balance segmental glomerulosclerosis associated with obesity and sleep-apnea The Impact of Obesity on US

<http://emedicine.medscape.com/article/123702-overview>

### **16 Effects of Sleep Deprivation on the Body - -**

the Effects of Sleep Deprivation on the Body. Sleep deprivation can cause damage to your body in the short term. Over time, it can lead to chronic health problems and

<http://www.healthline.com/health/sleep-deprivation/effects-on-body>

### **Impact of Sleep and Sleep Disturbances on Obesity -**

for those involved in sleep, energy balance, and cancer. Effects of Circadian Rhythm Disturbances. and Sleep Disturbances on Obesity and Cancer

<http://www.springer.com/us/book/9781461495260>

### **Consequences of Insufficient Sleep | Healthy Sleep -**

and lack of sleep impacts our chronic sleep deprivation may lead to a host of health problems including obesity, its effects can be seen in reduced

<http://healthysleep.med.harvard.edu/healthy/matters/consequences>

### **Animation: effects of obesity - myDr.com.au -**

Skin cancer; Skin conditions; Sleep disorders; Child Energy Calculator; Animation: Effects of obesity. Obesity

<http://www.mydr.com.au/nutrition-weight/animation-effects-of-obesity>

### **Extent and Health Consequences of Chronic Sleep -**

Sleep Disorders and Sleep Deprivation: is a dose-response relationship between sleep loss and obesity: effects of interferon-alpha in cancer

<http://www.ncbi.nlm.nih.gov/books/NBK19961/>

### **Sleep Disorders and Sleep Deprivation - NCBI -**

The cumulative long-term effects of sleep deprivation and sleep disorders have been effects of sleep deprivation and sleep appropriate balance.

<http://www.ncbi.nlm.nih.gov/books/NBK19960/>

### **Treatment for Cancer - National Cancer Institute -**

Research updates, cancer treatment facilities, and other topics also covered. Skip to content. Late Effects of Childhood Cancer Treatment. Pediatric Supportive Care.

<http://www.cancer.gov/about-cancer/treatment>

### **10 Surprising Effects of Lack of Sleep - WebMD -**

You know lack of sleep can make you grumpy and foggy. You may not know what it can do to your sex life, memory, health, looks, and even ability to lose weight.

<http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/10-results-sleep-loss>

### **Scientific Facts on Diet and Nutrition Prevention -**

diabetes, cardiovascular disease, cancer, dental developing cardiovascular diseases and obesity. Most chronic diseases are % of total dietary energy

<http://www.greenfacts.org/en/diet-nutrition/>

### **Sleep Disorders - BBC - Homepage -**

Feb 11, 2004 A hard night's sleep. Snoring, sleep apnoea, insomnia and restless leg syndrome. 25% of the UK population suffer some form of sleep disorder that results

<http://www.bbc.co.uk/science/humanbody/sleep/articles/sleepdisorders.shtml>

### **Obesity in Children: Background, Etiology and -**

Jun 23, 2015 genetic and hormonal disorders, cancer increased among men who had obesity as Effects of Sleep Patterns and Obesity on Increases in

<http://emedicine.medscape.com/article/985333-overview>

### **The Impact of Sleep Deprivation on Hormones and -**

Introduction. Sleep loss can occur as a result of habitual behavior or due to the presence of a pathological condition that is associated with reduced total sleep time.

<http://www.medscape.org/viewarticle/502825>

### **Nutrition in Cancer Care - National Cancer -**

Good nutrition is important for cancer patients. help patients deal with the effects of cancer and its helps to prevent late effects such as obesity,

<http://www.cancer.gov/about-cancer/treatment/side-effects/appetite-loss/nutrition-pdq>

### **Improving Sleep: A guide to a good night's rest - -**

Harvard s Special Health Report Boosting Your Energy provides Evaluation of sleep disturbances according to a review article in the journal Obesity that

<http://www.health.harvard.edu/staying-healthy/improving-sleep-a-guide-to-a-good-nights-rest>

### **What Causes Overweight and Obesity? - NHLBI, NIH -**

Jul 12, 2012 Overweight and Obesity Clinical Trials. Clinical trials are research studies that explore whether a medical strategy, treatment,

<http://www.nhlbi.nih.gov/health/health-topics/topics/obe/causes>

### **Sleep and Disease Risk | Healthy Sleep -**

Such studies have revealed a variety of potentially harmful effects of sleep deprivation sleep upsets the balance of sleep disturbances,

<http://healthysleep.med.harvard.edu/healthy/matters/consequences/sleep-and-disease-risk>

### **Sleep Disorder Research News -- ScienceDaily -**

Aug 02, 2015 Learn about insomnia and sleep disorders like sleep walking, energy, activity levels Sleep duration, quality may impact cancer survival rate;

[http://www.sciencedaily.com/news/health\\_medicine/sleep\\_disorders/](http://www.sciencedaily.com/news/health_medicine/sleep_disorders/)

### **Obesity - definition of Obesity by Medical dictionary -**

Both hormones are known to affect appetite and the body's energy balance. the adverse effects of obesity are social type 2, sleep disturbances

<http://medical-dictionary.thefreedictionary.com/obesity>

### **Sleep and Health | Need Sleep - Harvard -**

While sleeping well is no guarantee of good health, Spiegel K, et al. Impact of Sleep Debt on Metabolic and Endocrine Function, Lancet. 1999 Oct 23:

<http://healthysleep.med.harvard.edu/need-sleep/whats-in-it-for-you/health>

### **Sleep deprivation - Wikipedia, the free -**

The association between sleep deprivation and obesity appears to effects on the energy balance the loss and effects on psychiatric disorders have been

[http://en.wikipedia.org/wiki/Sleep\\_deprivation](http://en.wikipedia.org/wiki/Sleep_deprivation)

### **Obesity | University of Maryland Medical Center -**

Sleep apnea (episodes when a Osler TM, Mukamel DB, Dick AW. Impact of obesity on mortality and Schwartz MW. Clinical review: Regulation of food intake, energy

<http://umm.edu/health/medical/altmed/condition/obesity>

### **Obesity | Better Health Channel -**

Jun 21, 2015 Fat is deposited on our bodies when the energy sleep apnoea. Causes of obesity This has a major impact on health and healthcare costs.

<http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Obesity>

### **Napping reverses health effects of poor sleep | -**

10-Feb-2015 Napping reverses health effects of poor sleep are more likely to develop chronic diseases such as obesity, SLEEP/SLEEP DISORDERS;

[http://www.eurekalert.org/pub\\_releases/2015-02/tes-nrh020615.php](http://www.eurekalert.org/pub_releases/2015-02/tes-nrh020615.php)

### **Functional and Economic Impact of Sleep Loss and -**

NCBI Bookshelf. A service of the National Library of Medicine, National Institutes of Health. Institute of Medicine (US) Committee on Sleep Medicine and Research

<http://www.ncbi.nlm.nih.gov/books/NBK19958/>

### **Chronic Sleep Deprivation and Health Effects - -**

You say you are able to function well with fewer than seven hours of sleep. Some people say they can function on four to six hours of sleep each night, but research

<http://www.webmd.com/sleep-disorders/features/important-sleep-habits>

### **Blue light has a dark side - Harvard Health -**

and exposure to blue light emitted by electronics and energy cancer, diabetes, heart disease, and obesity. blue light does have adverse health effects,

<http://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

## **8 Effects of Sleep Deprivation on Your Health | -**

Feb 12, 2013 Why we experience all of these health problems related to sleep loss is not entirely known, but sleep is vital to your ability to function and to your life.

<http://psychcentral.com/blog/archives/2013/02/13/8-effects-of-sleep-deprivation-on-your-health/>

## **Medical News Today; What Is Malnutrition? What Causes -**

Sleep / Sleep Disorders; has a poor diet that gives them the wrong balance of basic food explains the potential lifelong deadly effects of malnutrition,

<http://www.medicalnewstoday.com/articles/179316.php>

## **Sleep and Weight Loss: How Lack of Sleep Can -**

clinical director of the Institute for Sleep and Wake Disorders at stage for obesity and further sleep Sleep Apnea; Effects of Sleepiness; Weight

<http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/lack-of-sleep-weight-gain>