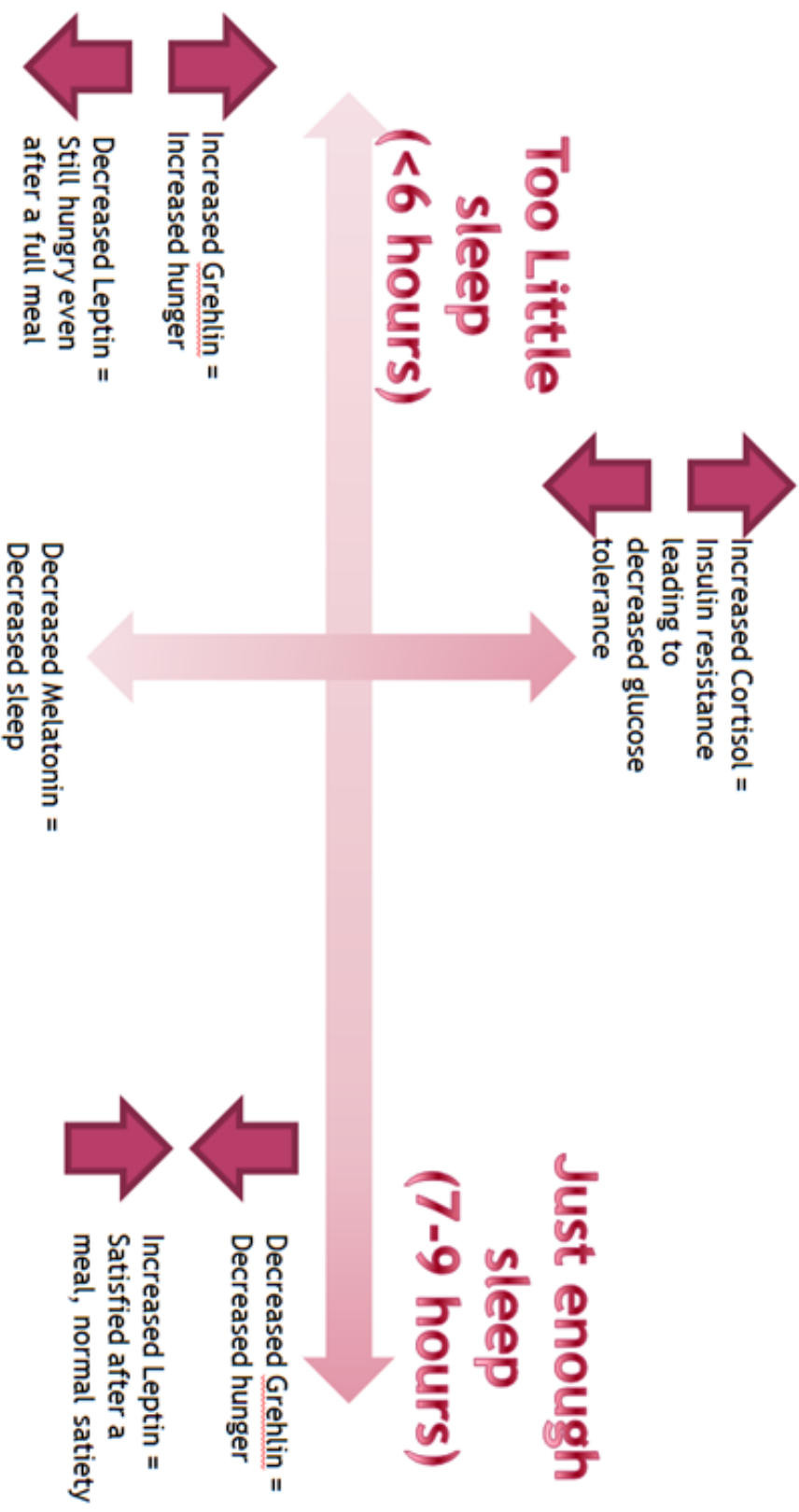


SLEEP, METABOLISM, AND GLUCOSE LEVELS ARE ALL INTERCONNECTED



HOW SLEEP CAN AFFECT HEART HEALTH

