



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](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  
<[http://www.google.com/search?hl=en&client=firefox-a&hs=0sp&rls=org.mozilla:en-US:official&channel=s&q=related:thyroid.about.com/od/loseweightsuccessfully/a/sleepdiet.htm+sleep+deprivation+weight+gain+in+women&tbo=p&sa=X&ei=LY7qS\\_yLkOT78Aa4oYzjDg&ved=0CBgQHAB](http://www.google.com/search?hl=en&client=firefox-a&hs=0sp&rls=org.mozilla:en-US:official&channel=s&q=related:thyroid.about.com/od/loseweightsuccessfully/a/sleepdiet.htm+sleep+deprivation+weight+gain+in+women&tbo=p&sa=X&ei=LY7qS_yLkOT78Aa4oYzjDg&ved=0CBgQHAB)>

Importance of Sleep : Six Reasons Not to Scrimp on Sleep - Harvard ...  
<[http://www.health.harvard.edu/press\\_releases/importance\\_of\\_sleep\\_and\\_health](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](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  
<[http://www.google.com/search?hl=en&client=firefox-a&hs=0sp&rls=org.mozilla:en-US:official&channel=s&q=related:www.health.harvard.edu/press\\_releases/importance\\_of\\_sleep\\_and\\_health+sleep+deprivation+weight+gain+in+women&tbo=p&sa=X&ei=LY7qS\\_yLkOT78Aa4oYzjDg&ved=0CCIQHAD](http://www.google.com/search?hl=en&client=firefox-a&hs=0sp&rls=org.mozilla:en-US:official&channel=s&q=related:www.health.harvard.edu/press_releases/importance_of_sleep_and_health+sleep+deprivation+weight+gain+in+women&tbo=p&sa=X&ei=LY7qS_yLkOT78Aa4oYzjDg&ved=0CCIQHAD)>

Margo Carper

