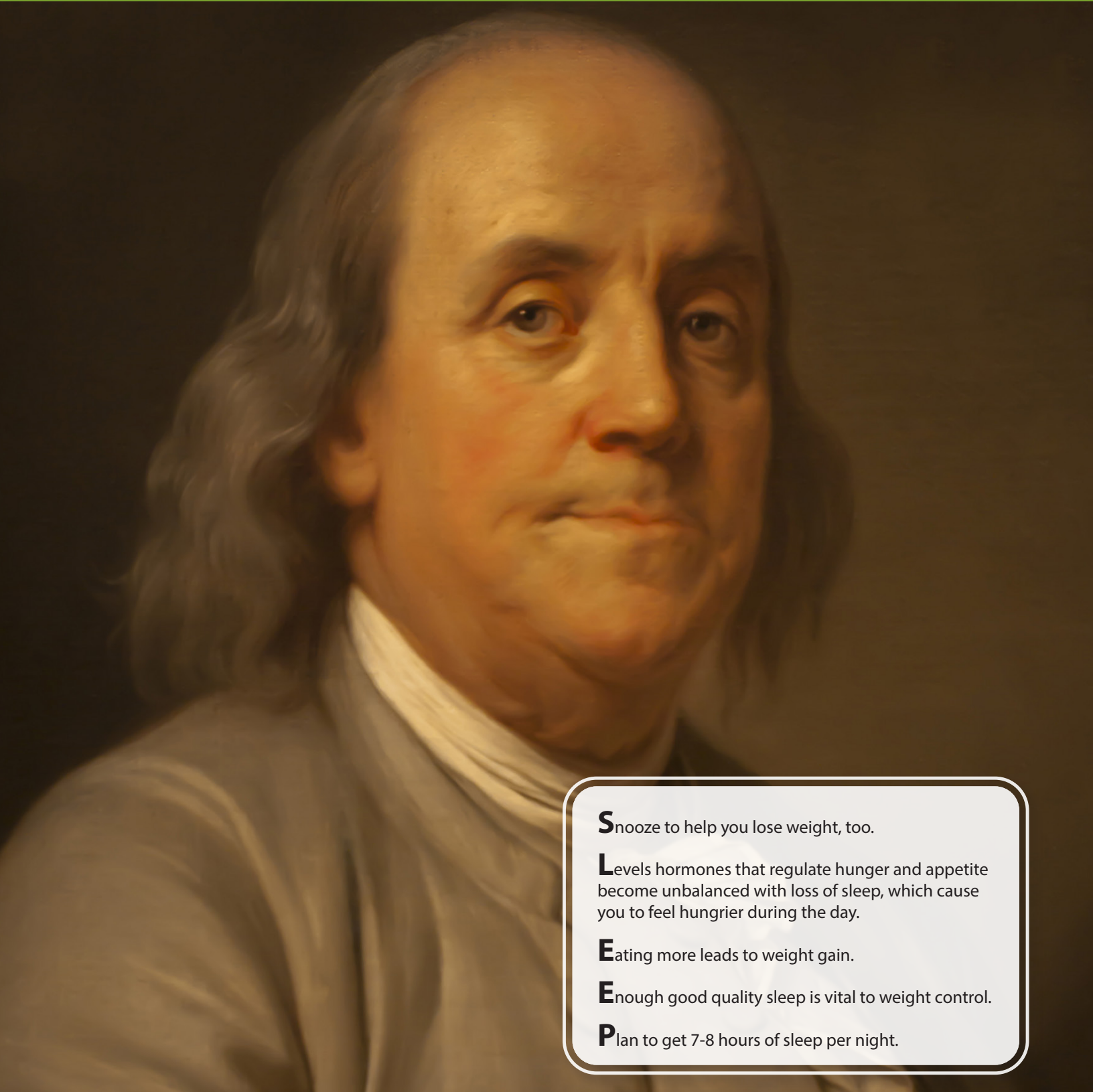# "Early to bed, early to rise makes a man healthy, wealthy and wise."

- Benjamin Franklin

Snooze to help you lose weight, too.

Levels hormones that regulate hunger and appetite become unbalanced with loss of sleep, which cause you to feel hungrier during the day.

Eating more leads to weight gain.

Enough good quality sleep is vital to weight control.

Plan to get 7-8 hours of sleep per night.