

IMPACT OF SLEEP AND SLEEP DISTURBANCES ON OBESITY AND CANCER%0A

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Of increasing concern is the accelerating incidence of sleep disorders in childhood, their association with childhood obesity and associated abnormalities of circulating cytokines, adipokines and metabolic factors, many of which are implicated as etiologic mediators of the connection between obesity and cancer.

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Given these associations and the high prevalence of sleep disturbance in cancer patients, it is paramount that clinicians assess sleep disturbances and treat sleep disorders in cancer patients and

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This volume on the Impact of Sleep and Sleep Disturbances on Obesity and Cancer continues the transdisciplinary approach of this series with chapters authored by the leading experts in this field, focused on the normal regulation of the restorative sleep associated processes across the lifespan, the major mechanisms of sleep and circadian rhythm disturbances and the behavioral, physiologic

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Sleep, Disturbances of Sleep, Stress and Obesity: A ...
Sleep, Disturbances of Sleep, Stress and Obesity: A

Narrative Review Abstract Introduction: Obesity is a burgeoning health problem with few successful strategies to counter this epidemic or to truly comprehend preventable aspects of the problem. Objective: The present objective was to examine an increasing volume of research on obesity, stress, and sleep deprivation, and the possible **Impact of Sleep and Sleep Disturbances on Obesity and**

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Sleep has recently been recognized as a critical determinant of energy balance regulating, restoration and repair of many of the physiologic and psychologic processes involved in modulating energy intake and utilization. In addition to having an impact on obesity, sleep abnormalities, both

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Of increasing concern is the accelerating incidence of sleep disorders in childhood, their association with childhood obesity and associated abnormalities of circulating cytokines, adipokines and metabolic factors, many of which are implicated as etiologic mediators of the connection between obesity and cancer. Extensive studies have now been initiated to investigate the mechanisms by which disturbances in sleep duration, sleep continuity and sleep related breathing affect circadian rhythm

Association between sleep disorders, obesity, and exercise ...

Physical activity and exercise are important prognostic tools in obesity and chronic disease, and numerous studies have explored the relationship between obesity, sleep disorders, and exercise. As such, this review will examine the relationship between sleep disorders and obesity. In addition, how sleep disorders may impact the exercise response and how exercise may impact patient outcomes with regard to sleep disorders will also be reviewed.

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In addition to having an impact on obesity, sleep abnormalities, both quantitative and qualitative, have now been shown to have significant effects on obesity associated comorbidities, including metabolic syndrome, premalignant lesions and cancer. Sleep problems and fatigue also constitute a significant challenge for the ever-expanding group of cancer survivors. Moreover, circadian

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