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## Get Your Beauty Sleep

Stay in bed longer to lose weight? It's true! Not getting enough shut-eye triggers a rise in ghrelin—a hormone linked with decreased energy and increased appetite, according to Steve Chen, M.D., medical director of Valens Medical in Irvine, California. No wonder you reach for the office doughnut stash when you're tired! If worrying keeps you up, try this trick from Matthew Ebben, Ph.D., a psychologist at The Center for Sleep Medicine at New York–Presbyterian/Weill Cornell Medical Center: Jot down all your worries and brainstorm ways to cope. If worries still invade your mind, think "Stop!" You've already allowed yourself time to contemplate them, so you won't reap any more benefits by ruminating.

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