Sleep and weight are two of the most important aspects of a person's life because they both have a significant impact on their well-being.This research is beneficial to healthcare professionals, public health authorities, researchers, scientists, and anyone concerned about their health and weight.On the other hand, weight is the force acting on all objects approximately the Earth, as the Earth pulls all objects downward towards the center of the Earth by the force of gravity.Sleep is an essential factor in weight control as it affects weight in numerous ways.Sleep is a state of decreased activity of the mind and body in which the body is unconscious and some sensory activities are absent.

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