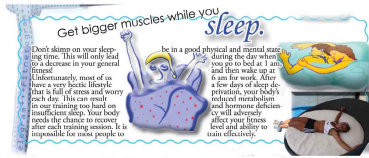


Get bigger muscles while you sleep

Written by

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Get bigger muscles while you sleep

Don't skimp on your sleeping time. This will only lead to a decrease in your general fitness!

Unfortunately, most of us have a very hectic lifestyle that is full of stress and worry that can affect our sleeping time. Training with an insufficient rest period can have a negative result on the body. Your body needs the chance to recover after each training session. It is impossible for most people to be in a good physical and mental state during the day when you go to bed late at night, and then wake up early in the morning for work. After a few days of sleep deprivation, your body's reduced metabolism and hormone deficiency will adversely affect your fitness level and ability to train effectively.

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