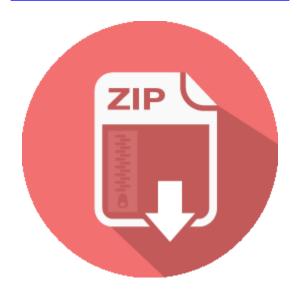
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Seriously, though: a good night s sleep is one of the best ways to get rid of that extra fat around your waist for good. Among the 60,000 women participating in the Nurses Health Study, those who snoozed for fewer than five hours a night were at the greatest risk of becoming obese and gaining 30 or more pounds over the course of the 16-year study period when compared to those who slept

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