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A new study collected data that shows that people who snore are more likely to gain weight than are people who do not snore. It is well known that many people who snore also stop breathing frequently during the night for a few seconds, a condition called sleep apnea. The interruption of breathing wakes the person---often so briefly that the waking goes unnoticed---and can leave the person too tired during the day to exercise. Anyone who snores, therefore, should try to eat less than the average person and to exercise more 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com