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Candy Crushers, new exciting games for girls.Sleep is a fundamental component of human biology that is required for many physiological functions. As such, impairments in sleep have been linked to various diseases, such as anxiety, depression, sleep disorders, insulin resistance, Alzheimer's disease, and cardiovascular disease. Recent evidence suggests that sleep and circadian timing are closely linked with metabolic physiology. In this review, the impact of sleep on metabolic regulation is highlighted. Sleep-related metabolic disorders, including obesity, diabetes, and cardiovascular disease, are discussed as well as potential targets to improve metabolic health. Abstract Sleep is a fundamental component of human biology that is required for many physiological functions. As such, impairments in sleep have been linked to various diseases, such as anxiety, depression, sleep disorders, insulin resistance, Alzheimer's disease, and cardiovascular disease. Recent evidence suggests that sleep and circadian timing are closely linked with metabolic physiology. In this review, the impact of sleep on metabolic regulation is highlighted. Sleep-related metabolic disorders, including obesity, diabetes, and cardiovascular disease, are discussed as well as potential targets to improve metabolic health.1. Field of the Invention The present invention relates to a thin film capacitor, more particularly to a thin film capacitor having a metal oxide such as tantalum pentoxide (Ta.sub.2 O.sub.5) that has been crystallized by a hydrothermal method. 2. Description of the Related Art A Ta.sub.2 O.sub.5 capacitor has a high dielectric constant, and hence is a capacitor which is suitable for use as a memory element of a high integration and a low-power-consumption type DRAM. However, it has had a problem that it is inferior in reliability. In recent years, therefore, the capacitor has been actively developed to solve this problem. The following methods are known as the methods of improving the reliability of the capacitor: (1) a method of improving the quality of a Ta.sub.2 O.sub.5 film or the surface roughness of a Ta.sub.2 O.sub.5 film, PA1 (2) a method of stabilizing the film quality by annealing a Ta.sub.2 O.sub.5 film at a high temperature, PA1 (3) a method of oxidizing an underlayer of a Ta.sub.2 O.sub.5 film, and PA1 (4) a method of forming a 82157476af

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