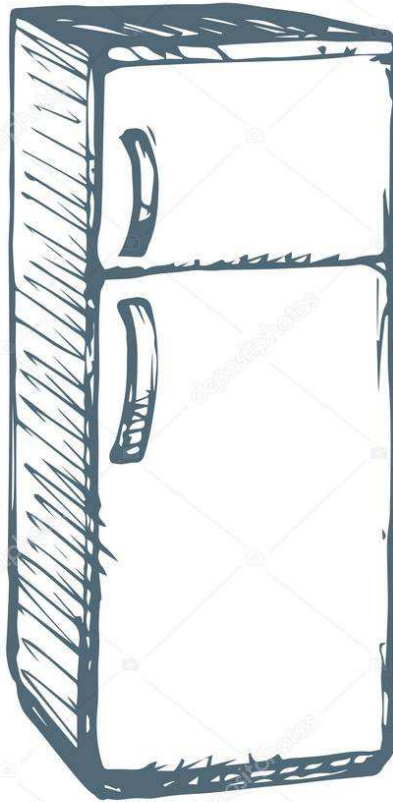
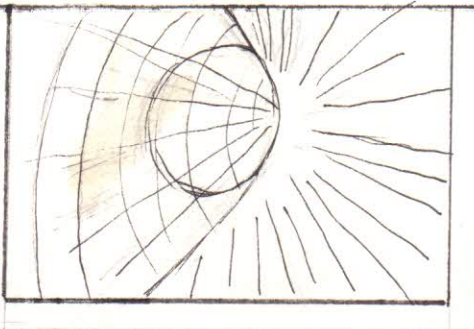
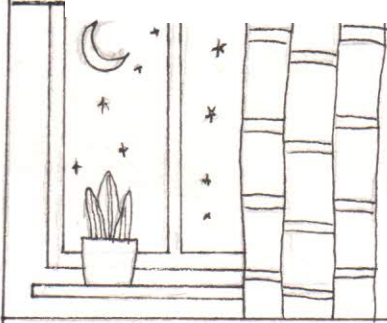


The mystery of the fridge

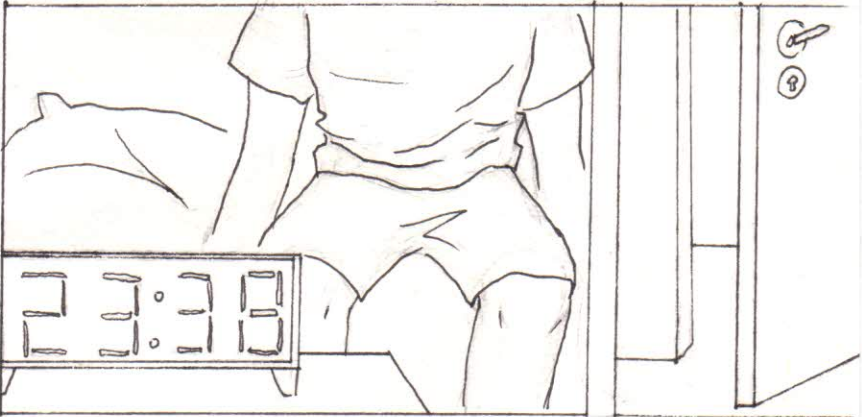
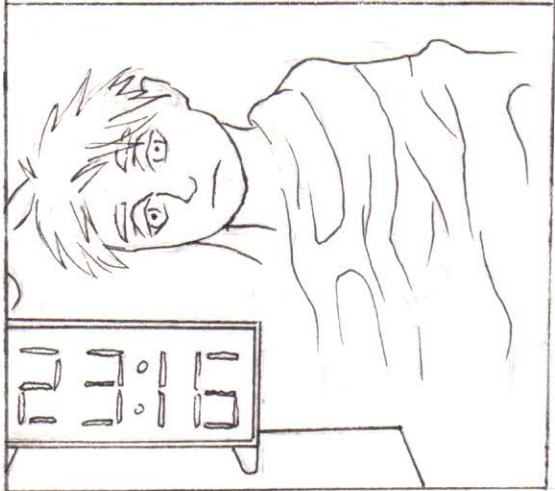




Wojtek is an excellent sportsman. He loves football.



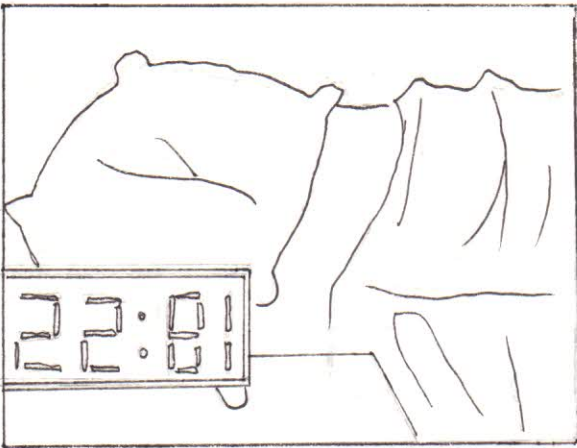
He has one serious weakness. He needs to follow a healthy diet. But while his family is sleeping, he can't resist sneaking up to the fridge.



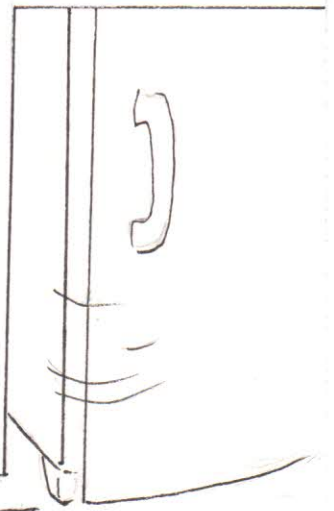
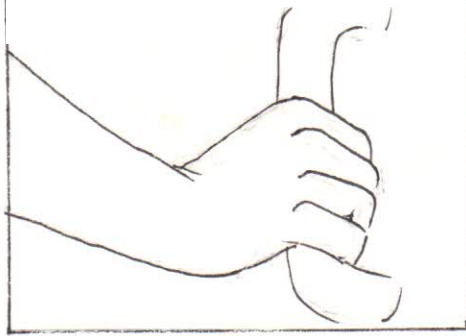
One night he is spotted by his sister...



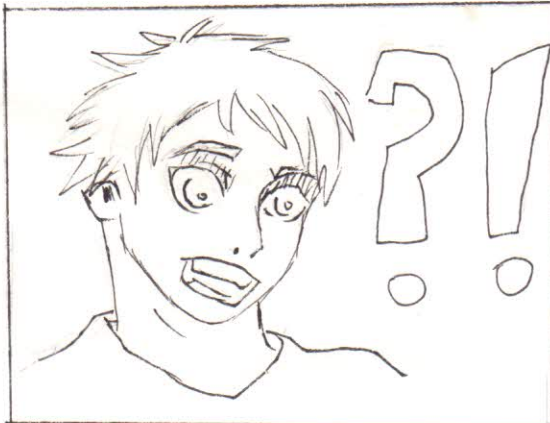
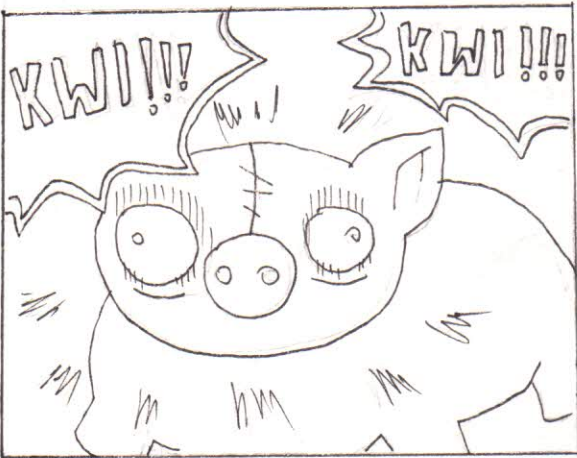
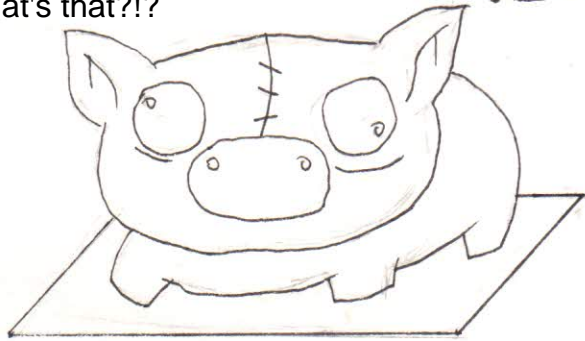
What is he doing? Eating so late at night?!? I have to do something with it.



His next "fridge expedition" is going to be the last one...



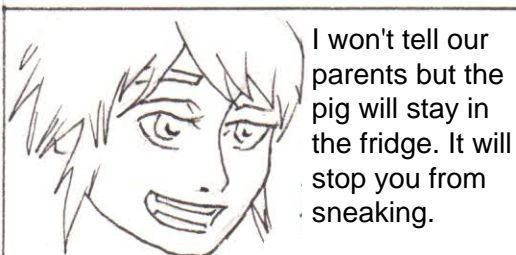
What's that?!?



What?!?
Her? How does she know?



So Wojtek... Do you really want to look like this lovely pig? Or you will stop sneaking at night and follow our parents' advice on healthy diet???



I won't tell our parents but the pig will stay in the fridge. It will stop you from sneaking.

So... the pig is going to help you...



Huh? But you won't tell our parents and take this ... something ... from the fridge?

You still want to join a sport school, do you?

Yes!!!



What is Wojtek's problem?

Night Eating Syndrome (NES)

It is characterized by recurrent episodes of eating at night, such as eating after awakening from sleep or excess calories intake after the evening meal. NES includes an awareness and recall of the eating, is not better explained by external influences such as changes in the individual's sleep-wake cycle, and causes significant distress and/or impairment of functioning.