



# Sleep



## Week 7) Sleep

- Too much or too little plays a role in the build-up of visceral fat.
- Affects levels of ghrelin and leptin (hormones that influence feelings of hunger and satiety)
- Sleep and metabolism are controlled by the same sectors of the brain.
- The National Sleep Foundation reports that fewer than 7 hours of sleep each night is associated with increased risk for obesity, diabetes and additional health problems, such as cardiovascular disease (high blood pressure and cholesterol).

## Action: Get more sleep!

If you would like to lose weight by sleeping more, (and who wouldn't) here are some bedtime tips:

- Set a regular bedtime
- Make sure your bedroom is uncluttered (uncluttered room = uncluttered mind)
- Wind down by dimming lights
- Avoid alcohol
- Turn off the television and computer
- Avoid controversial or emotional topics of conversation
- Make sure your room is dark and cool
- White noise machines or fans may help prevent interruptions of sleep



## Benefits of a good nights rest:

- **Helps you lose weight**– Remember, lack of sleep throws your hormones out of whack!
- **Sleep keeps your heart healthy**– Lack of sleep has been associated with worsening blood pressure and cholesterol, all risk factors for heart disease and stroke.
- **Improves memory**– Sleep allows your brain to better process new experiences and knowledge, increasing your understanding and retention.
- **Helps to repair your body**– While in the “land of nod” your body produces extra protein molecules and these help to mend your body at a cellular level.
- **Reduces your risk for depression**– Sleep impacts many of the chemicals in your body, including serotonin. Those with a serotonin deficiency are more likely to suffer from depression.