SLEEP

HOW IT CAN IMPACT EATING HABITS AND WEIGHT

The hours we spend asleep are some of the most impactful hours for both our mind and body. Anything that we are asked to spend at least one-third of our lives doing is bound to be important. Getting adequate amounts of sleep is required for us to feel rested and energetic, for us to learn information and form new memories, to support the optimal functioning of our immune and endocrine systems and much more.

Getting less than 7 hours of sleep can encourage changes that lead to an increase in your body weight through a variety of mechanisms:

RECOMMENDED

7-9

HOURS OF SLEEP PER NIGHT
(for adults)

Increases desire for food, more often foods that are higher in sugar, fat and overall calories	Changes hormones that make you feel more hungry (leptin is lower and ghrelin is higher) which can lead to eating more calories	When you are awake for more hours, there is more time in the day for you to eat which can lead to an increase in calorie intake	Increases feelings of fatigue which decrease how much you move your body and desire to exercise, reducing overall calorie burn

Additionally, research has found that when you are losing weight, if you aren't getting at least 7 hours of sleep, you are more likely to lose more muscle and less fat then if you were sleeping enough! Not sleeping enough can also make you feel more **irritable**, **depressed**, and **stressed** - all of which can also impact your desire and ability to adhere to your nutrition and exercise plan!

⚡ Real Life Application

Getting at least 7 hours of sleep is important for a lot of reasons, including the impact it has on your body weight and body composition goals.

The National Institutes of Health has put together a list of tips to help you get better sleep. Some of those tips include:

- **Going to bed and waking up at the same time every day**
- **Avoiding caffeine in the afternoon and evenings**
- **Exercising regularly but not too late in the day**
- **Avoiding alcoholic drinks before bed**
- **Avoiding large meals and beverages late at night**
- **Relax before bed**

Improving your sleep hygiene practices to help improve sleep is one important part of your overall health that can have an impact on progress towards your goals. It's important to balance changes in your sleep habits along with the need to find the time and build structures that support hitting your macro/food goals and fitting in physical activity every day. Take a look at the 24 hours in your day and develop a plan that works best for you. Talk through strategies and structure with your coach or a friend can help you create habits that allow you to achieve this balance.

💡 Main Takeaway

Getting between 7-9 hours of sleep every single night is a recommendation that all adults should aim for to not only feel their best but to also help them with achieving their body weight and body composition goals. We understand it might be a challenge for many people to focus on sleep but give it try. And like anything, do your best.

📚 Resources

If you're looking for more information about getting adequate sleep, a great place to start would be the National Institute of Health's guide to healthy sleep. Additionally, we have a breakdown on sleep that you can read here. You can also listen to our podcast on sleep and it's importance here.