

SLEEP WEIGHT GAIN

Sleep plays a crucial role in maintaining a healthy weight, and insufficient or poor-quality sleep can contribute to weight gain and other health issues.

How Sleep Affects Weight

Hormonal Regulation

- **Leptin and Ghrelin:** Sleep influences the hormones leptin and ghrelin, which regulate hunger and appetite.
 - **Leptin:** Signals to the brain that you are full.
 - **Ghrelin:** Stimulates appetite.
 - **Impact of Poor Sleep:** Insufficient sleep lowers leptin levels and increases ghrelin levels, leading to increased hunger and cravings, particularly for high-calorie foods.

Metabolism

- **Resting Metabolic Rate (RMR):** Poor sleep can negatively affect your resting metabolic rate, the rate at which your body burns calories at rest.
- **Insulin Sensitivity:** Lack of sleep can impair insulin sensitivity, making it harder for your body to process glucose and potentially leading to weight gain and an increased risk of diabetes.

Food Choices

- **Cravings:** Sleep deprivation is associated with increased cravings for unhealthy, high-calorie foods, often leading to overeating.
- **Appetite Control:** Lack of sleep impairs your ability to control portion sizes and make healthy food choices.

Physical Activity

- **Energy Levels:** Poor sleep can lead to fatigue and decreased energy levels, reducing your motivation and ability to engage in physical activity.
- **Exercise:** Lower physical activity can contribute to weight gain and affect overall fitness.



GastroDoxs
—defenders of the digestive system—

SLEEP WEIGHT GAIN

Stress and Cortisol

- **Cortisol Levels:** Poor sleep increases the production of cortisol, a stress hormone associated with fat accumulation, especially around the abdomen.
- **Stress Eating:** Elevated stress levels can also lead to emotional eating and unhealthy food choices.

Strategies for Better Sleep and Weight Management

- **Establish a Routine.**
- **Create a Sleep-Friendly Environment.**
- **Limit Screen Time**
- **Watch Your Diet**
 - **Avoid Late Meals**
- **Engage in Relaxation Techniques**
 - **Stress Reduction**
- **Regular Exercise**



GastroDoxs
— defenders of the digestive system —