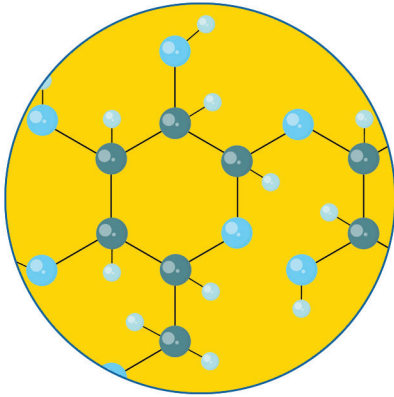
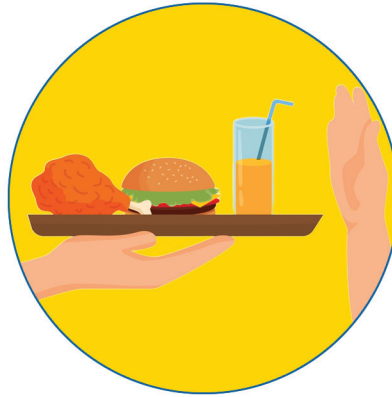


Sleep Impacts

List of ways sleep impacts weight



Chemical changes during sleep/metabolism



Lifestyle change effects from sleep



Effects of sleep deprivation

Tricks and Tips for a Better Night's Sleep

Shut down your computer, cell phone, and TV at least an hour before you hit the sack.

Save your bedroom for sleep and sex. Think relaxation and release, rather than work or entertainment.

Create a bedtime ritual. Take a warm bath, meditate, or read.



Stick to a schedule, waking up and retiring at the same times every day, even on weekends.

Watch what and when you eat. Avoid eating heavy meals and alcohol close to bedtime which may cause heartburn; steer clear of soda, tea, coffee, and chocolate after 2 p.m. Caffeine can stay in your system for 5 to 6 hours.

Turn out the lights. Darkness cues your body to release the natural sleep hormone melatonin, while light suppresses it.



GastroDoxs
defenders of the digestive system