

How Can Improving Sleep Help You Eat Healthier?

To feel our best, we need to balance eating, exercise, and sleep. Together they create the foundation for our health and well-being.

Sleep helps you eat healthier

For those of us who are trying to eat healthier but finding it a challenge, it could be related to not getting enough sleep. It's a cycle that many of us are familiar with: We stay up late, have a midnight snack, feel tired the next day, and end up eating sugary treats that give us an immediate, albeit short, energy rush. This can easily add up to 300 extra calories per day, which can add up to a whopping 2,100 additional calories per week!

Timing matters

Did you know that eating late in the evening can throw off your sleep? During the night, your digestive system takes a break. Snacking close to bedtime doesn't just mean you're consuming more calories; it can also lead to disrupted sleep since the body needs to process the food you've eaten. In short, it pays to get those Zzzs if you want to keep better control of your eating and weight.



When we don't get enough sleep:

- We eat more, especially more carbs!
- We feel less energetic and burn fewer calories.
- Our bodies store that unused energy as fat.

Being tired makes you eat!

- When we're sleep deprived, we tend to feel hungry and crave unhealthy snacks.
- People who don't get the recommended nightly amount of sleep tend to take in more calories and feel more driven toward unhealthy food.
- We're more likely experience increased appetite for foods such as cookies, chips, and pizza. These types of foods can be very hard to resist when we're tired, even when healthier choices are readily available.
- When you DO get enough sleep, it benefits your impulse control, meaning you'll be more likely to resist that extra donut.

Sources

The metabolic consequences of sleep deprivation. *Sleep Medicine Reviews* (2007)

The impact of sleep deprivation on food desire in the human brain. *Nature Communications* (2013)

AMP Your Resolution

The secret ingredient to help you achieve your resolutions this year

sleepscore
labs™

Every year we make resolutions to improve ourselves, from losing weight to getting in shape to reducing stress or eating better. SleepScore statistics show that one major reason keeps us from succeeding and it's something we can do something about – getting better sleep.

Compared to people with normal weight, people with obesity show **17 to 22 minutes decrease in total sleep time**. That's a lot in sleep terms!

Here's why:

People between 40 - 60 are getting the least amount of sleep. **This age group could be at the highest risk** for not succeeding with resolution goals.

On average, people who sleep in a room with a temperature **65 degrees or lower sleep almost 30 minutes longer** than those in a room with a temperature of 77 degrees or higher.

People that reported to have **5 drinks or more**, are on average, awake **20 minutes more** at night.

Exercise is **positively related** to amount of sleep during the week.



Awareness

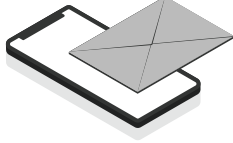
Days 1-7

Day 01




Daytime Behavior

Day 02



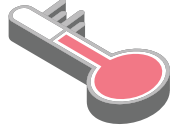
Winding Down

Day 03



Pre-Sleep Routine

Day 04



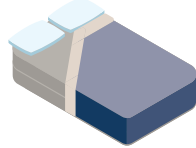
Bedroom Environment

Day 05




Falling Asleep

Day 06



Staying Asleep

Day 07



Waking Up

Makeover

Days 8-14

Day 08



Your Pillow & Mattress

Day 09




Sheets, Blankets & Pajamas

Day 10



Zero Light

Day 11



Keep it Quiet

Day 12



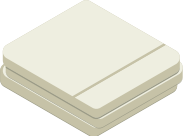
Keep it Cool

Day 13



Pet Problems

Day 14




Keep it Clean

Progress


Days 15-28

Day 15




Keep Your Health in Check

Day 16




Exercise Early

Day 17



Curb the Coffee

Day 18



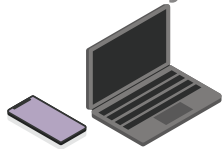
Eat Early

Day 19



Alcohol Curfew

Day 20



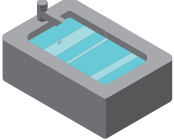
Keep Stress Away

Day 21



Winding Down

Day 22



Warm Up

Day 23




Breathe Deep

Day 24



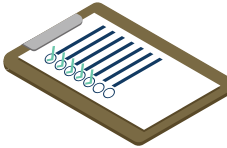
Progressive Muscle Relaxation

Day 25




Soothing Sounds

Day 26



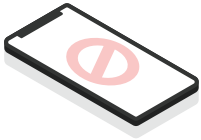
Relaxing Routines

Day 27



Consistent Bedtime

Day 28



Do Not Disturb