

AMP

Your Resolution Quick Facts

Your Goal:
Lose Weight

Is Sleep Related to Weight Loss?

Studies have linked short sleep to increased weight gain and obesity as well as to behaviors implicated in weight gain such as snacking.

People with better sleep before starting weight loss programs lose the most weight!

- In a large randomized clinical trial, sleep at the start of the weight loss program predicted weight loss success.



Why Sleep?

- When we don't sleep well, we tend to eat more (especially more carbs), burn fewer calories, and store that unused energy as fat.
- Research shows that the connection between sleep and weight cannot simply be explained by other factors like age, education, smoking, or activity level.

Sources:

Sleep, Obesity, and Weight Loss in Adults: Is There a Rationale for Providing Sleep Interventions in the Treatment of Obesity? *International Review of Psychiatry* (2014)

Impact of Sleep, Screen Time, Depression and Stress on Weight Change in the Intensive Weight Loss Phase of the LIFE Study. *International Journal of Obesity* (2011)

The Metabolic Consequences of Sleep Deprivation. *Sleep Medicine Reviews* (2007)

A Large Prospective Investigation of Sleep Duration, Weight Change, and Obesity in the NIH-AARP Diet and Health Study Cohort. *American Journal of Epidemiology* (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

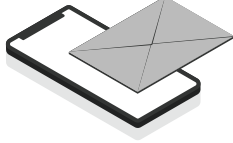
Days 1-7

Day 01




Daytime Behavior

Day 02



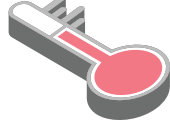
Winding Down

Day 03



Pre-Sleep Routine

Day 04



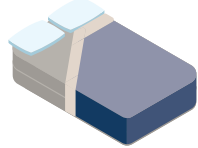
Bedroom Environment

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



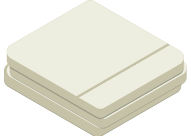
Keep it Cool

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



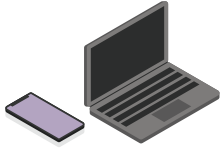
Eat Early

Day 19



Alcohol Curfew

Day 20



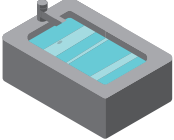
Keep Stress Away

Day 21



Winding Down

Day 22



Warm Up

Day 23




Breathe Deep

Day 24



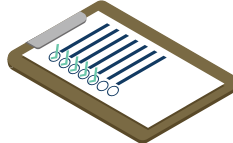
Progressive Muscle Relaxation

Day 25




Soothing Sounds

Day 26



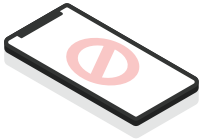
Relaxing Routines

Day 27



Consistent Bedtime

Day 28



Do Not Disturb