



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)



Why Does Improving Your Sleep Help With Your Exercise Goals?

● Increased energy

When you sleep more, you have more energy!

● Muscle repair

During sleep, your body is hard at work repairing itself. Whether you're taking brisk walks or hitting the gym, sleep is vital for repairing muscle tissue as this is when your brain secretes the most growth hormone. Several studies indicate deep sleep is the stage that sees the most secretion, making those physically restorative ZZZs extra important.

● Injury prevention

Sleep deprivation and poor sleep are linked to increased risk of injury. This increased risk is thought to be related to fatigue and impairments in reaction time. Along with proper training, a good night's rest might be your greatest weapon against injury!

● Learning and memory

While you're sleeping, your brain takes care of several important tasks related to performance. Learning and memory consolidation are critical if you are trying to master a movement or skill that requires coordination. For example, research has found that athletes learn sport-specific skills faster after regular sleep compared to being sleep deprived.

Sources:

Growth hormone secretion during sleep. The Journal of Clinical Investigation (1968)

Sleep and athletic Performance. Current Sports Medicine Reports (2017)

Snooze you win? It's true for achieving hoop dreams, says study. Stanford Medicine (2011)

Sleep extension improves serving accuracy: A study with college varsity tennis players. US National Library of Medicine, National Institutes of Health (2015)



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)



Why Improving Your Sleep Helps Relieve Stress

Increased energy

When you sleep more, you have more energy! This helps you tackle your to-do list and keep from falling behind. Keeping on top of things helps you feel better about yourself and experience less stress. Having more energy means you can be more physically active, which reduces stress.

Better brain power

- With less sleep, you have fewer mental resources and it's harder to make decisions, which can make life feel overwhelming.
- Sleep also benefits impulse control, meaning you can resist that extra donut.

Better mood

Getting good sleep helps you to be in a good mood. You're less likely to be irritable and vulnerable to stress, making those tough days at the office or at home easier to handle.

Better health

Being well-rested boosts your immune system so you're less likely to get sick, and we all know how stressful it is to be sick!



Sources:

Interactions between sleep habits and self-control. *Frontiers in Human Neuroscience* (2015)

Stress and immunity in humans: a meta-analytic review. *Psychosomatic Medicine* (1993)

Cumulative sleepiness, mood disturbance, and psychomotor vigilance performance decrements during a week of sleep restricted to 4-5 hours per night. *Sleep* (1997)



Why Does Improving Sleep Help You Live Your Best Life?



Sleep provides so many benefits!

Increased energy

When you sleep more, you have more energy! Feeling energized means you can get more done and get more exercise.

Less stress & better mood

Sleep can make you a happier person! When you get enough sleep, you're less likely to be in a bad mood and vulnerable to stress.

Better brain power

- With less sleep, it's harder to make decisions and cope with stress.
- Sleep helps with learning, memory, creativity, and thinking clearly.

Healthier weight & eating

- Sleep makes it easier to manage your weight. When sleep deprived, you're likely to eat more (especially carbs), burn fewer calories, and store that unused energy as fat.
- Sleep benefits impulse control, meaning you can more easily resist that extra donut.

Better health

- Being well-rested boosts your immune system so you're less likely to get sick.
- During sleep, your body repairs muscle tissue, reproduces cells, and replenishes energy.
- Sleep gives you healthier skin and makes you look more refreshed.

Sources

Interactions between sleep habits and self-control. *Frontiers in Human Neuroscience* (2015)

Cumulative sleepiness, mood disturbance, and psychomotor vigilance performance decrements during a week of sleep restricted to 4-5 hours per night. *Sleep* (1997)

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

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Sleep for your health

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From losing weight to getting in shape to reducing stress or eating better, statistics show that one major reason keeps us from succeeding and its something we can improve - our sleep!

Here's why:

Better
Health

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.

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!

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

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.

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

SUCCESS
WITH SLEEP

