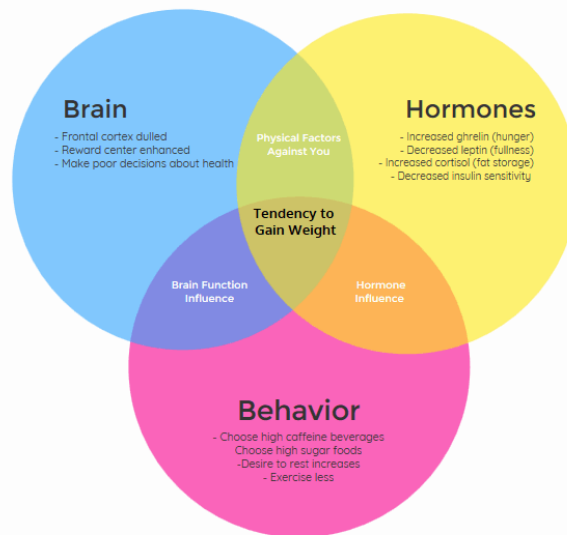


Sleep Hygiene



- **Establish a bedtime routine:** it can be simple, like brushing our teeth and deep breathing, but it helps our minds know what to expect.
- **Be consistent:** Going to bed the same time every day helps set our circadian rhythm
- **Turn off electronics:** the blue light from electronics can delay the release of melatonin. Try reading instead.
- **Experiment with different temperatures:** typically people sleep best with a cooler room around 67-70 degrees

Weight Loss Attempts Sabotaged by **Lack of Sleep**



Sleep and Weight Loss

- UChicago Medicine performed a study where they had participants practice good sleep hygiene and were able to increase their average sleep per night to 8.5 hours from 6.5 hours. The increased sleep also reduced the participants' overall caloric intake by an average of 270 calories per day. This would translate to about 26 pounds of weight loss over three years just by altering the amount of sleep they got.
- The CDC recommends getting more than 7 hours of sleep a night
- Poor sleep may increase levels of cortisol a hormone related to stress that causes weight gain
- Sleep apnea can get worse with weight gain. Poor sleep can lead to weight gain and weight gain can lead to poor sleep.
- The reward centers in your brain are more stimulated by food when you are sleep deprived.

Challenge

Try to be in bed 30 mins earlier than you usually do and stop looking at your phone one hour prior to bed. Try reading a book or listening to a sleep meditation or podcast.