eat right LIVE WELL

Get the ZZZZZZZZZZZ you need

Did you know that you may be sabotaging your weight if you aren't getting enough sleep? According to recent research, people who don't get enough sleep may have a harder time losing or maintaining their weight. Sleep deprivation, defined as getting less than 6 hours of sleep per night, is a problem for more than 28% of adults. In addition to the issues of physical and mental health problems, loss of productivity, and accidents, sleep deprivation may make maintaining your weight more difficult by contributing to:

- An increase in how many calories we take in because of an increase in appetite, more time to eat and increased desire for high calorie foods
- A decrease in how many calories we burn because of fatigue, more sedentary behaviors and lower metabolic rate
- Changes in how our bodies burn and store fat.

While sleep may not be the only answer, there are almost no negative side effects to getting enough sleep, so it may be worth giving a try.

How much sleep is enough?

This can vary from person to person, but on average, adults need 7-8 hours, teens 9-10 hours, school aged children at least 10 hours, preschool aged children 11-12 hours and newborns 16-18 hours per night.

How can you get more sleep?

Each day spend some time outside and being physically active. Avoid large, heavy meals right before bed. Ease into bedtime with about an hour of quiet time that limits screen time (tv, computer) and heavy activity. Stick to a schedule of getting up and going to bed at about the same time each day, even on the weekends.

What should you do if you still aren't getting enough sleep?

If you are giving yourself enough time to sleep, but are still feeling tired when you wake up or throughout the day or are having trouble falling or staying asleep, consider discussing it with your doctor.

REFERENCES:

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