

COULD LACK OF SLEEP BE CAUSING YOUR WEIGHT GAIN?



It's not so much that if you sleep, you will lose weight, but if you are sleep-deprived, meaning that you are not getting enough minutes of sleep or good quality sleep, **your metabolism will not function properly.** Exactly how lack of sleep affects our ability to lose weight has a lot to do with our nightly hormones - the two hormones that are key in this process are ghrelin and leptin. Ghrelin is the hormone that tells you when to eat, and when you are sleep-deprived, you have more ghrelin. Leptin is the hormone that tells you to stop eating, and when you are sleep deprived, you have less leptin. **More ghrelin plus less leptin equals weight gain.** In addition, studies have also shown that many medications used to encourage sleep, over-the-counter and prescription can trigger weight gain.

So, it is a vicious circle – you gain weight because you lack sleep but if you take medication to get more sleep, you gain weight!

On average, we need about 7.5 hours of quality sleep per night to function and keep healthy. This is a 'natural' amount for the body. When we are not sleeping, our body is trying to tell us something!

Stress is one of the leading causes of lack of sleep but many other factors come in to play as well, such as your metabolism, which could be out of kilter due to toxin build up in your body.

If you are having sleep and weight problems The Atri Wilson Body Health Program can help – naturally, without gimmicks. Call to book an appointment today.