

# Poor Sleep and Weight Gain?

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Sleep disruption or sleep deprivation can impact our weight, contribute to insulin resistance, increase our risk of heart disease, accelerate tumor growth, affect our stress levels and contribute to premature aging. Basically, our sleep affects our hormones and hormone levels impact our sleep. So, exactly what hormones are affected by poor sleep?

**\*Cortisol** is a steroid hormone produced by the adrenal glands. It is also known as the stress hormone. Poor sleep patterns can lead to elevated evening cortisol levels and potentially increasing insulin resistance. To make matters worse, elevated morning cortisol levels can then disrupt the balance between estrogen and progesterone and ultimately cause your thyroid to slow down and negatively effect your metabolism.

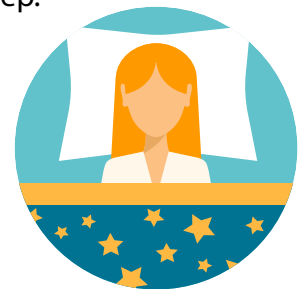
**\*Hunger hormones or Leptin** and **Ghrelin** regulate appetite and energy balance. Sleep loss can decrease leptin (which suppresses appetite) and

increase ghrelin (which stimulates appetite) potentially leading to increased hunger (adding 200-500 kcals/day) and weight gain, in particular around your mid-section.

**\*Melatonin** is a hormone produced by the pineal gland and helps regulate the body's circadian rhythm, so you can fall asleep and stay asleep.

**\*Growth Hormone or HGH** plays a vital role in protein synthesis, muscle development, metabolism and immunity. When you are sleep deprived, you reduce your levels of HGH resulting in a lessened ability to repair injuries and an increased ability to accumulate belly fat.

So, what is the ideal amount of sleep required for most adults? Most sources would suggest 7 to 9 hours/night. If you're accumulating sleep debt during the week, you cannot catch up sufficiently on the weekends. It's important to get a good night's sleep on a regular basis for optimum hormone regulation. A good night's sleep includes sleeping long enough and deeply enough to enter REM sleep.



**IMPROVE YOUR HEALTH... IMPROVE YOUR LIFE!**



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