

SLEEP

Although sleeping is an essential part of our everyday lives, many people do not get the recommended amount of sleep each night. Not only does sleep allow our bodies to recover and rejuvenate, it plays a critical role in hormone regulation and appetite control.

LEPTIN

- Hormone that regulates metabolism, appetite control, and calorie burning.
- Alerts the brain when a person is FULL.
- Levels **increase** during restful sleep.
- Low leptin levels caused by a lack of sleep can cause a constant feeling of hunger.
- A slow metabolism can often be attributed to low levels of leptin.

GHRELIN

- Hormone that tells the brain when the body is hungry and should start storing fat.
- Levels **decrease** when a person is sleeping because sleep requires little energy.
- Lack of sleep causes too much ghrelin to be produced.
- Excess ghrelin increases a person's appetite and can cause the body to store extra calories instead of using them for energy.

INSULIN

- Hormone secreted from the pancreas and is needed for the proper use of glucose (blood sugar).
- Diabetes can occur if the cells of the body do not respond to insulin OR if too little insulin is secreted.
- People who do not get an adequate amount of sleep on a regular basis are not as sensitive to insulin. This is often referred to as *insulin resistance*.

TIPS FOR GETTING BETTER SLEEP

- ~ Exercise during the day
- ~ Keep a regular sleep time
- ~ Avoid too much liquid and fatty foods
- ~ Avoid Caffeine, Alcohol and Nicotine before bedtime
- ~ Take the T.V. out of the bedroom