

The #1 Fat Loss Tool You Aren't Utilizing

How many hours of sleep are you getting every night?

Sleeping fewer than 6.5 hours leads to:

Weight Gain	Problems losing weight	Hunger	Irritability
Depression	Memory loss	Anxiety	Inability to focus
Decreased sex drive	Compromised immune function	High blood sugar	Improper hormone function

The average adult needs 7-8 hours of sleep per night yet many are missing that number.

The only time people seem to get 7-8 hours is on vacation, on the weekend, or on those quiet weekends when the kids are at Grandma's.

We now place more value on the morning cup of coffee than the number of hours we sleep.

Hands down, a pillow, blanket and a good night's sleep are the most underrated tools on your fat loss tool belt. You can still have that coffee, just make sure you get 7-8 hours of sleep the night before.

Sleeping 6.5 hours or less a night = a weight struggle

- Sleeping less throws off your body's natural hunger/fullness cycles. Ghrelin is the hormone that is associated with signaling hunger and leptin is the hormone that signals fullness.
- Poor sleep interferes with the natural balance of these two hormones, causing an increase in ghrelin (hunger hormone) and a reduction of leptin (fullness hormone). Essentially you are hungrier and find it harder to feel full.
- It's important to note that sleep deprivation will not only affect the *quantity* of food you will eat but also the *quality*.
- Studies have shown that sleep deprived individuals are more likely to choose "comfort foods" such as sugary, high carb junk (candy, chips, pastas, cookies, etc.)
- Your body needs energy from somewhere. If it can't get it from restful night sleep, it will default to the quick route and you'll find quick junky carbs in your future.
- Sleep loss also reduces insulin sensitivity aka your ability to handle the carbs you intake. A reduction in insulin sensitivity possibly means you're more likely to store more fat and STILL be hungry.

TIPS TO SLEEP LONGER, BE SMARTER, AND BURN MORE FAT:

- **Turn down the AC:** Make it cold. Start by setting the thermostat at 72 degrees and work down from there to find your ideal sleeping temperature. The cooler temperatures trigger your body's wind down system and help your brain calm down thus helping you sleep.
- **Eat some carbs at dinner:** Research shows that eating carbs before bedtime can help people sleep better. So it may not be a bad idea to add some carbs even if you are a low carb-er/ or Paleo style eater.
- **Make your room a bat cave:** Make the room as DARK as possible because we are programmed to sleep when it's dark. Light at night unnaturally elevates the stress hormone cortisol which disrupts sleep and introduces a number of other issues such as inflammation, weight gain, and irregular appetite.
- **Put away your cell phone, laptop, tablet, and turn off the TV:** The blue light emitted from these devices delay melatonin production and interfere with your regular sleep pattern. The light unnecessarily keeps the brain actively engaged in what it is you are doing (watching Game of Thrones, checking out your friend's pictures of their baby on Facebook, or typing up a business plan). Unwind with a book. If you can't live without your phone, download the app [Flux](#) to block the blue light.

- **Create a bedtime routine:** Kids aren't the only ones who benefit from routine. A bedtime routine primes your mind and body for rest and relaxation. Your bedtime may vary night to night but your routine can remain the same. Drink an herbal tea, meditate or just have you time. Sleep will come much quicker and easier as you get further into your routine.

WHEN IN DOUBT, SLEEP IT OUT