

Wellness Tidbits



IS THERE A LINK BETWEEN SLEEP LOSS & WEIGHT GAIN?

When our days get busy and time becomes a fleeting commodity, sleep seems to be the first item on the chopping block. Don't let this be the case! Make sleep a priority. It's no secret that insufficient sleep has detrimental effects on our health, such as cardiovascular disease, depression and diabetes, but did you know that it can also contribute to weight gain?

Sleep Helps Regulate Hormones

When the body is sleep-deprived, stress hormones such as cortisol spike, appetite-regulating hormones ghrelin and leptin get off balance, and metabolic rates fall, which affect insulin production.

Sleep Helps Fight Cravings

Lack of sleep can impair the activity in the brain's frontal lobe which is responsible for decision-making and self-control. Lack of sleep also activates the brain's reward centers and increases the appeal of high-calorie, high-carbohydrate and high-fat foods.

The Bottom Line

The strong connection between sleep and weight maintenance is yet another reason to make sleep a priority and an important part of a healthy lifestyle.

Resource: <https://academic.oup.com/aje/article/164/10/947/162270>

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How to Play

- 1) Read this article: <https://bit.ly/2LNn6LR>
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

True or False: People who sleep less than 5 hours a night are almost 1/3 more likely to gain weight (30 pounds over the course of 16 years) than those who get 7 hours of shut-eye a night.

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CHALLENGE HERE!**

