

Age-Defying & Disease Defence Plan

Strategy #6 – Get Enough Restful Sleep

Most people need at least 6+ hours of sleep [seven to eight hours is ideal].

A growing number of studies are turning up clear links between inadequate sleep and obesity, as well as several related health conditions: heart disease, hypertension, and type-2 diabetes.

Proper amounts of restful sleep your body will:

- crave less junk food
- be better able to process glucose
- metabolize sugar better
- control cortisol production during the day
- strengthen your immune health defenses against heart disease and some autoimmune diseases
- sharpen your mental focus
- minimize your mood swings



At least 6 hours per night is ideal (everyone has their own sleep needs but in general, 6+ seems to be the best for most people).

Getting consistently less than 4 hours of sleep per night decreases ghrelin and increases leptin.

Ghrelin increases hunger

Leptin promotes the storage of fat

These two combined can lead to weight gain and the inability to maintain a healthy weight. When you're running low on sleep, your body wants to pep itself up so we often reach for high sugar/caffeinated foods/beverages to give us that jolt. This only leads to a dramatic blood sugar drop and eventual crash. Not to mention increased and unwanted calorie intake. The body constantly needs that infuse of calories to stay alert....not healthy!

Strategies for Ensuring You Have a Restful Sleep:

- dim the lights closer to a set bedtime
- reduce the temperature slightly in your room to promote sleep
- make your bedroom your sleeping haven, a tranquil place without any distractions
- make your bed the most comfortable inviting place in your home
- read before bed or find something to do that is calming and prepares your body to relax and get into sleep mode
- go to bed at the same time each night [within 15 mins] and try to get up at the same time as well (even on weekends, within an hour of your weekday schedule)
- reduce caffeine consumption as much as possible, avoid caffeine after 3pm
- keep a pen and paper beside your bed to jot down any "to-do's" so that you don't have to keep running tasks through your mind