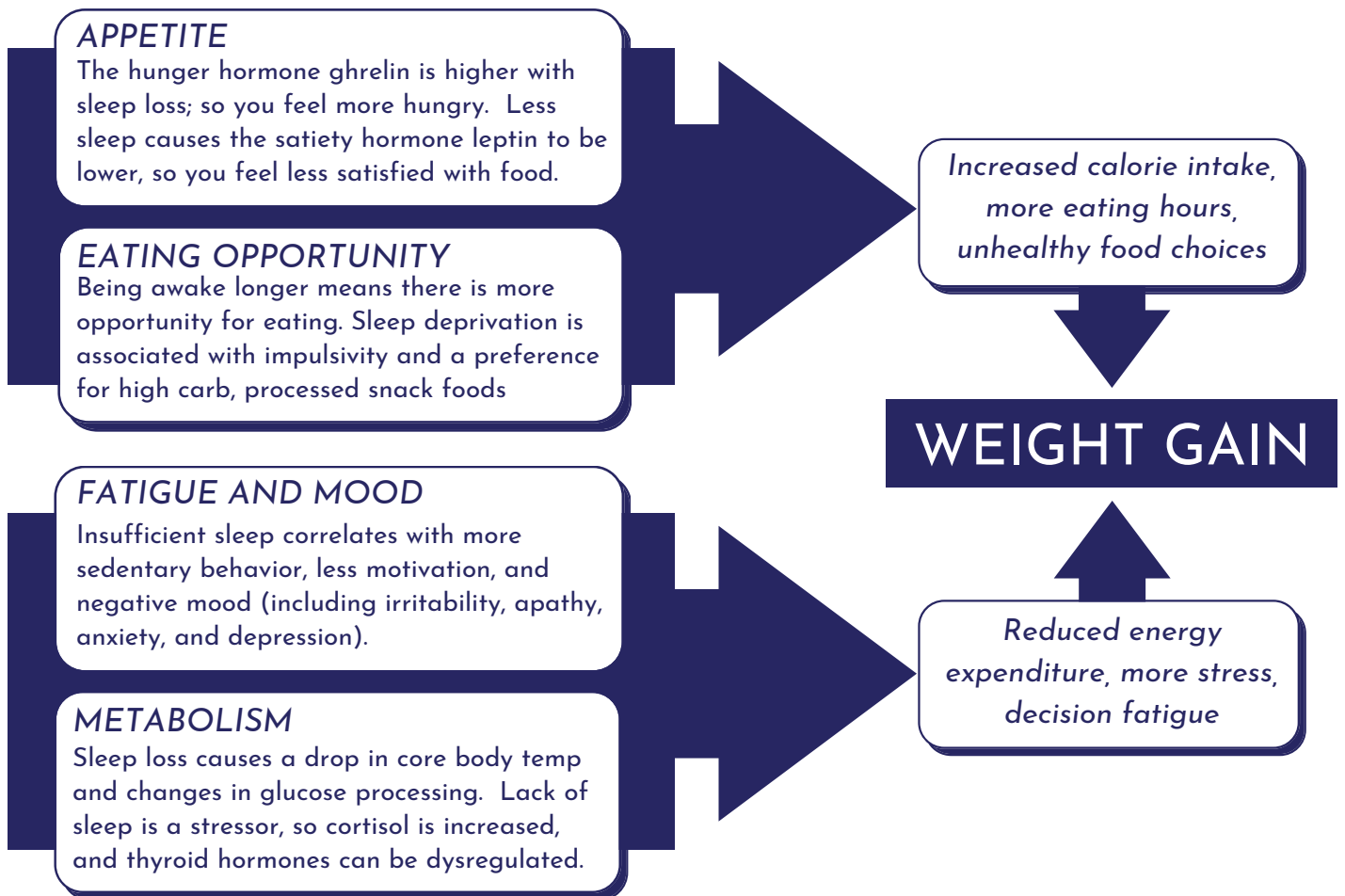**BmT**

How losing sleep makes you gain weight

Unhealthy sleep patterns take a toll on your health and well-being. Routinely getting less sleep than you need contributes to weight gain.

APPETITE
The hunger hormone ghrelin is higher with sleep loss; so you feel more hungry. Less sleep causes the satiety hormone leptin to be lower, so you feel less satisfied with food.

EATING OPPORTUNITY
Being awake longer means there is more opportunity for eating. Sleep deprivation is associated with impulsivity and a preference for high carb, processed snack foods

Increased calorie intake, more eating hours, unhealthy food choices

WEIGHT GAIN

FATIGUE AND MOOD
Insufficient sleep correlates with more sedentary behavior, less motivation, and negative mood (including irritability, apathy, anxiety, and depression).

METABOLISM
Sleep loss causes a drop in core body temp and changes in glucose processing. Lack of sleep is a stressor, so cortisol is increased, and thyroid hormones can be dysregulated.

Reduced energy expenditure, more stress, decision fatigue

Sleeping 6 hours or less per night is associated with gaining 10-15 pounds per year.
Overeating related to habitually short sleep times is _multifactorial_.
Prioritizing sleep so you are getting 7-8 hours every night is absolutely necessary for health.

Healthy and sufficient sleep helps control body weight.

Struggling with your sleep? Mindset coaching is a powerful step to take control of your sleep, your time, and your health. Schedule a discovery call at _BossMyThoughts.com_.