

Healthy Sleep habits

Purpose and Effort

You need to have fun and feel great!

All your efforts at eating healthily and exercising can be undermined if you do not recover properly when you sleep. If we are to blame anything for insufficient or poor sleep it is CORTISOL. This is the body's main stress hormone and increases when you do not get sufficient sleep. Cortisol activates the centres in the brain that trigger the feeling of hunger, while also increasing the storage of fat in the body. That is a pretty unfortunate combination, and it is scientifically proven that a rise in the level of cortisol leads to weight gain.

What science tells us...

- Sleep is directly linked to metabolism through the hormones, Cortisol and Ghrelin, which are changed in a negative direction particularly by insufficient or poor sleep.
 - Insulin is another important hormonal system. Its sensitivity is regulated by the period of fasting at night. That is why it is important to sleep for at least 8 hours, and for the body to be in a state of fasting during the night: in other words, you eat your last meal at 7.00 pm and then consume only calorie-free fluids and no artificially sweetened drinks again until 7 o'clock in the morning.
 - Stick to this routine from Monday to Friday. If necessary, omit it at weekends so it does not make too huge an impact on your social life.
1. Sleep is essential for your recovery and is an active process, in which many of your biological systems are cleansed and reset to full functionality for the following day.
 2. insufficient or poor sleep has hormonal consequences that work against weight loss; in fact, in the worst-case scenario, actually make it impossible.
 3. The stress hormone, Cortisol is the main culprit, in itself causing weight gain, but studies also show that the hunger hormone, Ghrelin increases significantly as a result of insufficient sleep.
 4. Other hormone systems – particularly the insulin system – are 'reset' at night while the body is fasting, and it is vital to retain sensitivity to the insulin hormone to prevent the onset of diabetes.