Rec Tip of the Week  March 12, 2014

Taken from Sparkpeople.com “How Sleep Affects Weight Loss”

Sleep deprivation leads to increased cortisol levels, which leave us feeling hungry even if we are actually full. Consistent lack of sleep can lead to often eating more than our body requires and therefore leads to weight gain.

Deep sleep is the state that seems to restore energy levels back to normal. Without adequate sleep that amount of time in this state is severely limited and results in decreased levels of growth hormone, which is associated with fat burning and muscle growth. With lower levels of growth hormone it is harder to lose fat and build muscle.

Lack of sleep can lead to an inability to metabolize carbs well. This can lead to high blood sugar levels which when kept at high levels can lead to insulin resistance which is one of the first steps of type II diabetes.

Lack of sleep obviously results in low levels of energy, which can make working out a much harder task and may put a damper on the amount of calories burned in each session.

If weight loss is on your checklist make sure you are getting an adequate amount of sleep or you may be derailing you weight loss efforts.

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