

TARGET TIPS



METABOLISM MATTERS

So how can you get a good night's sleep to improve your metabolic health? Start with these tips from the experts:

1-STICK TO A SLEEP SCHEDULE-Going to bed & waking up at the same time everyday (even on weekends & holidays) reinforces your body's sleep-wake cycle.

2-INCLUDE PHYSICAL ACTIVITY IN YOUR DAY-This can promote better sleep, helping you fall asleep faster and enjoy deeper sleep.

3-MANAGE STRESS-When you have too much to do and too much to think about, sleep can suffer. Consider healthy ways to manage your stress.

SLEEP & OUR METABOLISM

We know that sleep is important, but it seems that the further we get into adulthood, the less sleep we get! Whether it's stress from work, family demands, an overbooked schedule (or all the above), other things seem to take priority over a good night's rest. What we may not realize is the affect that our bad sleep habits are having on our metabolism.

As funny as it sounds, sleep deprivation may make you fat and not just because you're susceptible to cases of the late-night munchies. According to researchers at the University of

Chicago, loss of sleep seems to play a role in both diabetes and obesity. How? Through alterations in glucose metabolism, upregulation of appetite, and decreased energy expenditure.

As if that isn't enough to worry about, researchers at King's College in London found that a lack of sleep triggered individuals to eat an extra 385 calories per day than well rested participants. You may think that 385 calories are not a big deal, but for the chronically sleep deprived, this could add up to a 40 pound weight gain in one year!

So, before we go blaming a slow metabolism for our issues with weight loss, consider the possibility that you simply may be sabotaging yourself by not getting a good night's sleep!



385 CALORIES AS DEPICTED BY COMMON SNACKS