

# NUTRITION SNACKS SLEEP AND WEIGHT

## SLEEP AND CIRCADIAN RHYTHM

As the sun goes down body cells trigger processes to help you sleep, for example body temperature drops and a hormone called melatonin increases to make you feel drowsy. This is due to our circadian rhythm.

As you may have learnt from Rapid Results, it's beneficial to be in synch with your circadian rhythm which is why getting enough good quality sleep is important for your overall health.

## TIPS FOR A GOOD NIGHT SLEEP

Remember, that even though we do it every night, falling asleep can be difficult for some people. In fact, we can't control or force ourselves to fall asleep, but we can make conditions optimal to help our bodies go to sleep.

Some simple tips include:

1. Having a regular sleep time and some may benefit from setting an alarm to remind them to go to bed
2. Create a bedtime ritual by finding relaxation activities that help to wind down from the day
3. Keep screens out of the bedroom – this might seem hard but bright light omitted by devices can confuse your circadian rhythm making it harder to fall and stay asleep
4. Try to have 2-3 hours break between your last meal and bed as when your body is busy digesting it can be harder to fall asleep. Those on Rapid Results may already be doing this
5. Get extra support – if your member complains of being extra sleepy and has tried several things to help, then they should speak to their Dr

## HOW MUCH SLEEP DO WE NEED?

- According to the Sleep Health Foundation, the average adult needs roughly eight hours a night. However, we are all individuals and some adults will need more while others need less
- The impact of poor sleep can be felt after just one night as you may feel drowsy, grumpy and struggle to concentrate. After a few days, concentration gets even worse and making decisions becomes difficult, you may also fall asleep during the day which increases the risk of injury
- If poor sleep continues longer, then it can increase the risk of health problems such as heart disease, depression and diabetes

## HOW DOES SLEEP IMPACT WEIGHT

Both short- and long-term poor sleep can have a negative impact on your weight.

For example:

- It may interfere with appetite hormones
- Make you more likely to reach for foods high in kilojoules to get an energy boost or for comfort when grumpy, and
- Make you feel less like doing exercise

For this reason, it's important to remind your members to get enough sleep. And if they tell you they are sleepy or struggling with sleep you could help them with some simple tips.

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## KEY MESSAGES

- 1 Getting enough sleep is important for good health and can support weight loss
- 2 Everyone's sleep needs are different, but the average is around 8 hours
- 3 Tips for good sleep are:
  - Set a bedtime alarm
  - Create a bedtime ritual
  - Keep screens out of the bedroom
  - Leave 2-3 hours gap between your last meal and bed
  - And when in doubt, seek extra help