



by Lorraine Wallace

## Sleep and Weight Gain!

**H**ow is sleep related to weight? The quick answer is that our body needs energy to function so when we are lacking sleep but still need to be alert... to work, drive, play with children..., our body is screaming at us to fuel it in the quickest form possible - sugar. This is what has us reaching for the chocolate, cakes and biscuits.

A lack of sleep and relaxation can seriously mess up your metabolism over time so if you find you're battling with your weight you may need to consider whether lack of sleep is playing a part...

Here are some tips for getting a good night's sleep:

- **Having a regular sleep schedule** - Explore sleep cycles and check out [www.sleepyti.me](http://www.sleepyti.me) to help you establish your optimum time for falling asleep and waking.
- **Use your bed for sleeping and ... ahem, romantic activities only** - It creates an association with relaxation and rest, so don't use your bed to work on your finances.
- **Make your bedroom a place of peace** - Don't use your bedroom as a dumping ground. Keep it organised and tidy.
- **Device downtime** - Switch off phones, tv's, tablets etc for at least an hour before bed.
- **Clear your mind** - Keep a notepad by your bed and write down anything on your mind to free you from the pressure of 'remembering'. The next morning take a look at your notes.
- **Dim those lights** - Reduce lighting or use blue lighting when getting ready for bed. Blue lights help the brain reset for sleep and increases melatonin, the hormone that helps regulate your sleep and wake cycles.
- **Stretch** - A couple of minutes of stretching will help relax your physical body.
- **Keep warm** - Some people find they sleep better with a hot water bottle warming their core.
- **Read a book** - Reading tends to make the eyes heavy and sleepy but pick something that isn't going to keep you hooked!
- **Relaxation techniques** - Consider guided imagery, deep breathing, meditation, yoga, a bath... anything that is calm, quiet and gentle that works for you.
- **Cut out caffeine** - Lots of people cannot sleep after caffeine close to bedtime, so switch to decaffeinated coffee or tea or even better, try herbal.
- **Supplements** - Consider herbal and other supplements such as passion flower, valerian root extract, melatonin and magnesium.
- **Acupressure mat** - Not only do they help with sleep, but can be used to relieve tension, tiredness and aches.
- **Grounding mat** - Designed to protect from electromagnetic frequencies (EMF's) such as radios and mobile phones that can impair sleep.

Some people do find that once their sleep is under control and their body is no longer in a state of exhaustion and stress, their weight naturally drops, so test it for yourself and keep a note of how different you feel on days when you're feeling alert and refreshed.

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Do you want to:

- ♥ Lose weight?
- ♥ Reduce cravings?
- ♥ Increase energy?
- ♥ Improve health?
- ♥ Get motivated?

But:

- ♥ You don't know where to start?
- ♥ You can't do it alone?
- ♥ You're scared of failing?
- ♥ You need motivation?
- ♥ You need support & knowledge?

I can help you achieve **your health goals** with personal health coaching so you can claim back the life you **deserve!**

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**DONT FORGET!**

**DEADLINE:**



**of the month**