

SLEEP



Why is it important and why does it affect fat loss?

HOW MUCH SLEEP?

6-7 hours a night should be the minimum amount of sleep you should be aiming for. Yes, if you are a new mother you're going to say "Sarah are you having a laugh?" This is the optimal number and there can be effects if you don't reach this number each night.

If you don't have 6-7 hours a night what can happen over a period of time?

- Your mood and energy will drop significantly
- Put negative pressure on your immune system
- Doubles your risk of cancer
- Doubles your risk of developing Alzheimer's disease
- Disrupts blood sugar levels
- Increases risks of cardiovascular disease, stroke and heart failure in later years
- Can amplify anxiety and depression

HOW CAN THIS EFFECT FAT LOSS?

Lack of sleep will cause the hormone that makes you feel hungry to swell (causing hunger levels to rise significantly) and suppresses the hormone that makes you feel satisfied when you have eaten. Therefore, you are not going to feel full. You will constantly want more food.

Lack of sleep will cause you to want to snack on higher calorie foods and have little to no interest in having a plate with a large amount of veg on it. It is proven that lack of sleep is a large cause of weight gain in adults. **When you are dieting – the weight you will lose will be from lean body mass and not fat – if you are not getting sufficient sleep.** (I put this in bold and big because I feel this is the sentence that will make you all want to have an earlier night tonight) This is not to scare you – well ... if it does ... and you sleep more – then its worked...

So, if you think getting 7/8 hours of sleep a night isn't cool ... Try having a low immune system, issues with your health when your older and issues losing body fat – turn off Netflix and get asleep.

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TIPS FOR SLEEPING

Blue Light Glasses – if you work on a laptop or use your phone a lot during the day, I would recommend getting blue light glasses – these block out the blue rays from screens. The blue rays trick your mind into thinking its day time. This can cause you to find it hard to sleep in the evening. The glasses I have and recommend are from Kanturo.com. You don't have to buy very expensive ones.

Journaling – A lot of my 1-1 ladies do this and find it very beneficial like myself. Jotting down your thoughts and brain dumping can help from your mind racing as you try to sleep.

Simply jotting down 3 things your grateful for, what you may be anxious about and what you have to do tomorrow will help your mind ease.

Eating/Drinking – When possible try not eat an hour before sleep or chucking back 1 liter of water. The reason for this is your digestive system wants to relax and not have to work while your trying to sleep. You also don't want to be going to the toilet and disrupting your sleep!

Phone Away – Putting your phone downstairs or turning it off 30 minutes prior to sleeping will help massively. Hard one to do but massively beneficial.

Meditation – I use the app insight timer. Pop on a sleep meditation for around 20-minute period. Listen to what they say and follow the breathing techniques – it's rare I even get to the end of one as I fall straight asleep.

Try these pointers and let me know how your sleep improves. When your sleep improves watch everything else improve.