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# Sleep

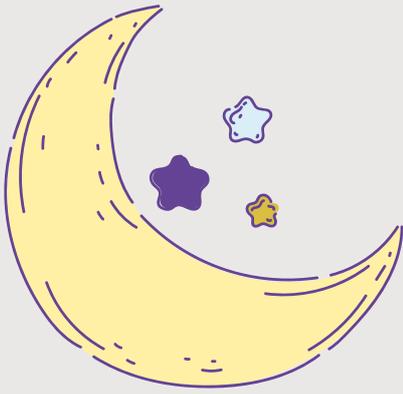
*Aiding weight loss and why it is so relevant to your journey....*

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Z L R F I T N E S S  
D I S C O V E R Y O U R I N N E R W A R R I O R





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As you all know I am always banging on about health markers and sleep is a crucial element of that!

Sleep should never be underestimated, it has so many benefits to your journey and we are going to dive into them in this guide!

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# So why is sleep so important?



Sleep helps your brain to function!



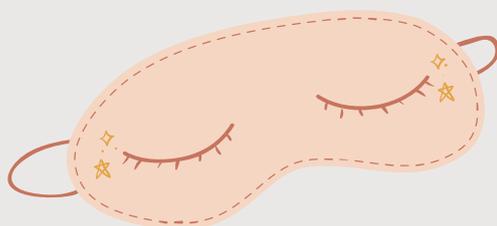
Sleep helps to keep your emotions in check!



Sleep reduces your risk of diseases!



Sleep also helps you to keep your weight under control!



# Is sleep on your priority list? This is why it should be.....



Today's world has become so fast paced and busy that we tend to forget how important sleep is!

Sleep is necessary for restoring energy, repairing your muscle tissue, maintain your body's critical functions and allow your brain to process new information.

If it is something you struggle with I highly recommend you start to prioritise it as of today!

# The benefits of sleep!

Reduced Inflammation

Improved Concentration

Will help you to eat fewer calories

Decreased risk of heart disease and stroke

Hightened libido

Stronger immunity to illnesses/diseases

Increased memory

Reduced risk of depression

Maintain healthier weight

Recover from training sessions

Hormones

More energy

Reduces stress and anxiety

No sleep conditions



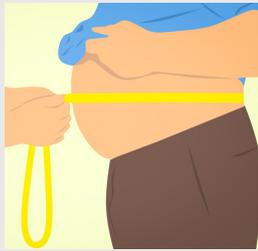
# The implications of not getting enough sleep...

Increased Inflammation

Lack of Concentration

Eating more calories

Increased risk of heart disease and stroke



Increased risk of depression

Weight gain

Decreased Libido

Weakened Immunity

Memory Issues

Little recovery

Affect hormone production

No energy

Increases stress and anxiety

Sleep deprivation

Insomnia

Sleep Apnea



# Let's look at the hormones responsible for regulating hunger & feeling full...

**Ghrelin:** Ghrelin is a hormone that forms in your gut, it increases appetite and also plays a role in body weight. Known as the hunger hormone that is responsible for regulating your hunger!

**Leptin:** Leptin is a hormone, made by fat cells, that decreases your appetite. Known as the satiety hormone that is responsible for keeping you full & satisfied!

Uneven balance of  
Ghrelin and  
Leptin



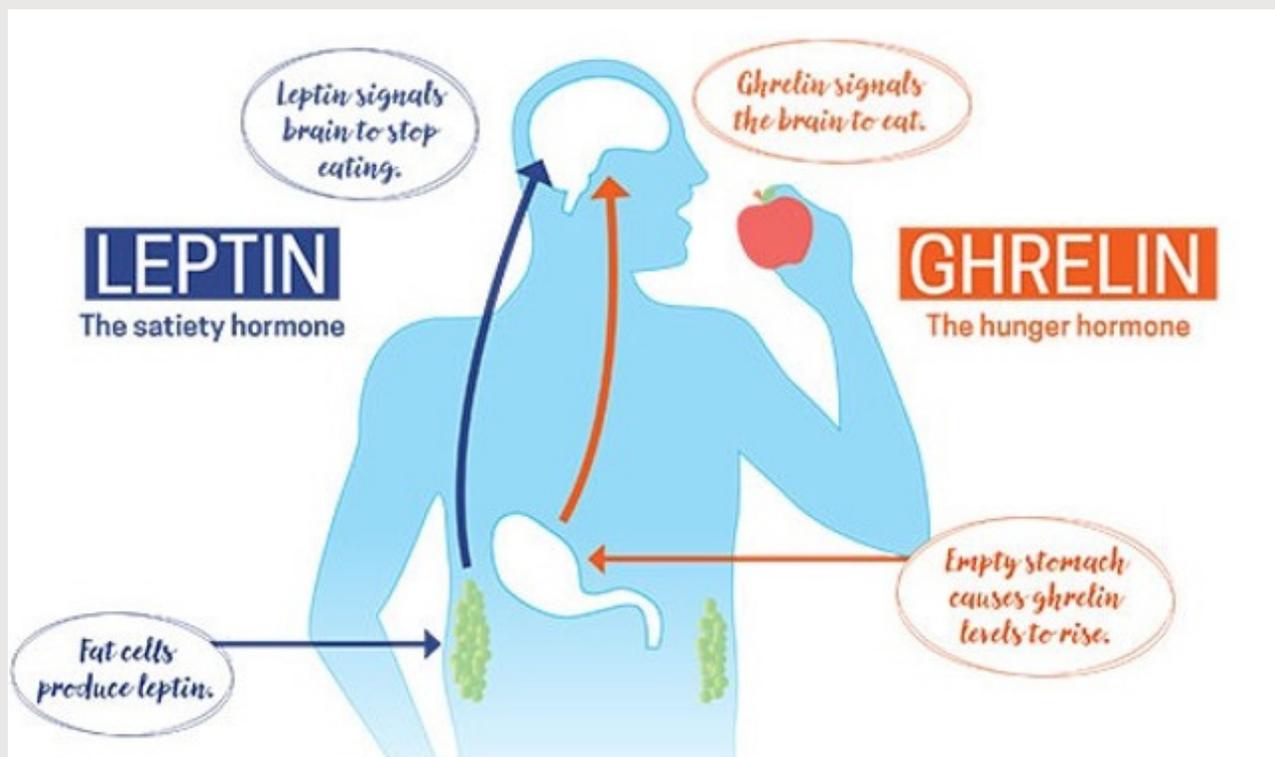
Even balance of  
Ghrelin and  
Leptin



# Let's look at how it works..

As you can see Leptin will send signals to your brain to stop you from eating.

As you can see Ghrelin will send signals to your brain for when to eat.



Fat cells in your body produce leptin which help to keep you full. Its main role is to regulate fat storage and how many calories you eat and burn. The main function of leptin is to send a signal telling your brain how much fat is stored in your body's fat cells. Leptin is carried by the bloodstream into your brain, where it sends a signal to the hypothalamus; the part that controls when and how much you eat. People who have obesity have high levels of leptin, but the leptin signal isn't working due to a condition known as leptin resistance. Leptin resistance can cause hunger and reduce the number of calories you burn.

Ghrelin is a hormone produced in your gut. Ghrelin's main function is to increase appetite. Ghrelin is a hormone that sends a signal to your brain to feel hungry. It plays a key role in regulating calorie intake and body fat levels. Ghrelin levels typically rise before a meal, when your stomach is empty. Then they decrease shortly after, when your stomach is full. Maintaining a moderate weight, eating more protein, and getting more sleep can help optimize your ghrelin levels.



When Leptin & Ghrelin are evenly balanced they work efficiently by sending the correct signals to the brain.

**Leptin= send a signal to the brain to stop eating**

**Ghrelin= send a signal to the brain to eat when stomach is empty**



**But why do they relate to sleep?**

**Well, good question! The body is pretty tuned in to itself, you may notice that when you don't sleep very well you have the munchies or may feel hungrier than normal..**

**Ghrelin increases when you don't get enough sleep. When a person sleeps, leptin levels normally rise, subduing the need to eat by reassuring the brain that energy reserves are adequate for the time. However, sleep deprivation increases ghrelin levels, while at the same time lowers leptin levels in the blood.**

**Good sleep balances these hormones, helps you lose weight and encourages maintenance of a healthier weight.**

**It's super helpful to be aware of these hormones so that you can tune in to your body more! It also helps you build awareness because, if you haven't slept then do your best to go for a nap! Also keep yourself hydrated instead of heading to the cupboards for snacks!**

# Let's look at The Circadian Rhythm.....



## What is the circadian rhythm?

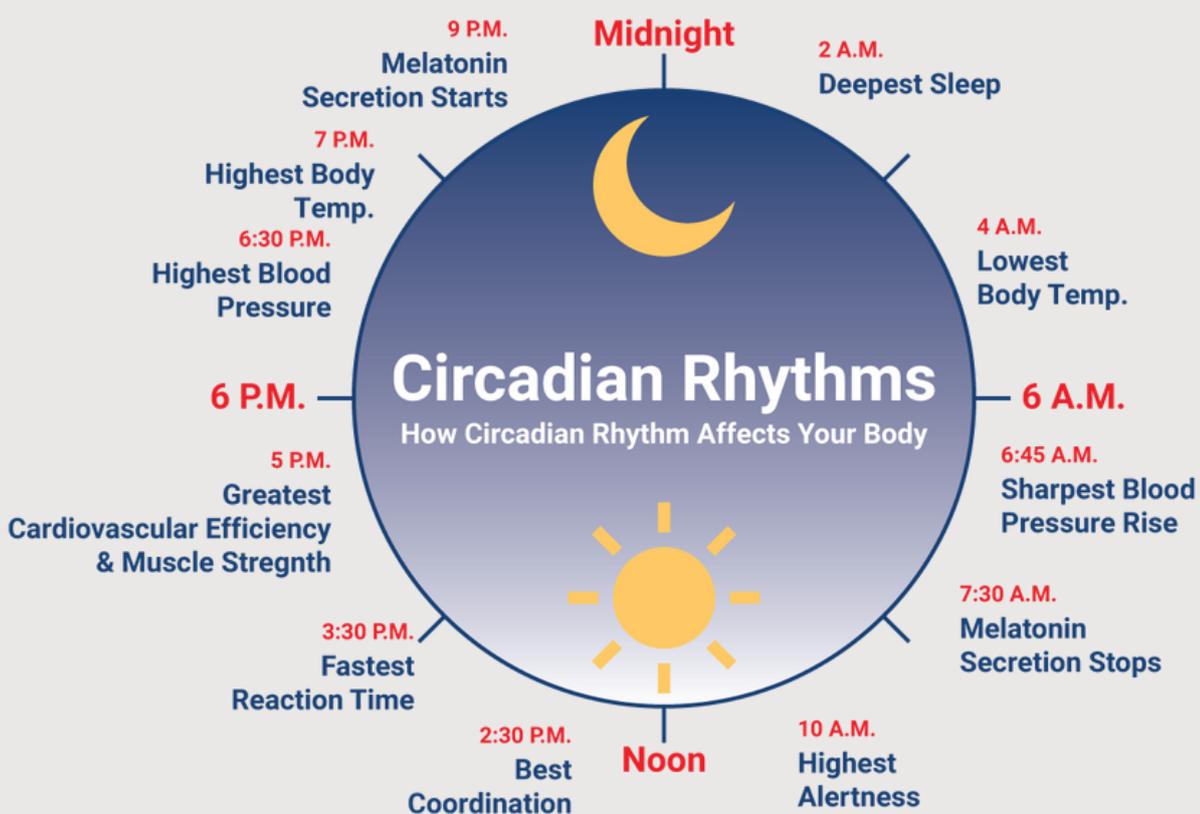
This process is your body's internal clock that guides you when to sleep, wake up and eat. It is also influenced by outdoor factors such as temperature and sunlight. Everyone's circadian rhythm is different which is why some people wake up earlier or later than others.



## Why is it important for sleep?

Your circadian rhythm helps you maintain a healthy sleep-wake cycle so that your body can function properly. The reason this is so important is because it keeps you mentally & physically healthy. Without a circadian rhythm functioning properly it can lead to exhaustion, mental disorders, obesity and physical illnesses.

## Visual aid of the circadian rhythm:



# Different Work Shifts/Patterns

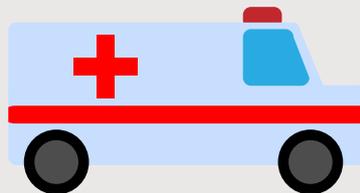


## Disrupts Natural Circadian Rhythms .....



### The facts:

In most adults, circadian rhythms cause your level of sleepiness to peak from about midnight to 7am. They can also make you mildly sleepy in the mid-afternoon between 1-4 pm. If you work at night, you must fight your body's natural rhythms to try and stay awake. Then you have to try to sleep during the day when your body expects to be alert.



People who work extremely long shifts can have even more severe sleep loss. This includes such people as doctors, paramedics, firefighters and police officers etc. You may also have a schedule that does not allow you to get enough sleep each day. Perhaps you work two jobs, one during the day and one at night.

Either case, it can be hard to find the time to sleep. A sleep disorder can also make your sleep problems worse. Two examples are sleep apnea and narcolepsy. They can keep you from sleeping well and feeling alert. You should see a sleep specialist if you think that you may have a sleep disorder.

# Top Tips For Better Sleep For A Shift Worker....

There are a variety of ways to cope with the sleep problems caused by rotating work shifts and ongoing night work. The approach that will help you the most depends on the following three factors:

- Your individual needs
- The requirements of your job
- Your environment at home

**From the options below, find what will work best for you in your situation. The most important thing you can do at first is to make sleep a high priority in your life.**

A schedule that rotates clockwise can be adjusted to more easily. This is a more natural change for your body. This schedule keeps to the following kind of pattern:

Day shift?   Evening shift?   Night shift?   Morning shift?   Day shift

A schedule that is much harder to adjust to rotates in a counterclockwise direction. This is a difficult change for your body to make. This schedule stays on the following kind of pattern:

Day shift?   Morning shift?   Night shift?   Evening shift?   Day shift

Rotating shifts every two or three days is also better than changing every five to seven days. Studies show that workers are more satisfied when shifts are rotated in the proper ways. They are also more productive and have fewer accidents. Talk to your manager about how the right kind of schedule is better for everyone involved.

# Top Tips For Better Sleep For A Shift Worker Continued....

## **Taking a nap:**

**It is a good idea to take a nap just before reporting for a night shift. This makes you more alert on the job. A nap of about 90 minutes seems to be best. Naps during work hours may also help you stay awake and alert.**

## **Eat well & regularly:**

**Stomach problems are common in shift workers. Many shift workers eat poorly and at odd times. Try to eat three regular meals spaced evenly over the course of the day.**

## **Keep the schedule:**

**Night shift workers should try to stay on the same sleep schedule every day of the week. This means that you don't change your sleep time on days off. Keeping a regular schedule will help align your body clock with your sleep pattern. This will increase the quality of your sleep. Sleeping at night during days off disrupts your body clock. This will make it harder to sleep during the day when you return to work.**

**Rotating shift workers are unable to keep a regular sleep schedule. Instead, they should begin to adjust their sleep time before a schedule change.**

**For example, you may be working an evening shift. Soon you are going to rotate to a night shift. On the last few days of the evening shift, delay the times you go to bed and wake up by one to two hours each day. Then when you begin the night shift, your body will already be getting ready for the new schedule.**

## **The home environment:**

**Darken and sound proof your room as best you can. On top of this keep your room cool it should be around 15-16 degrees.**

# Top tips on getting a good night sleep for everyone....



Establish a sleep routine

-going to bed at the same time each night and waking up at the same time each day, this will set up a regular circadian pattern that works for your body



Remove pets from your bedroom

-most pet owners have much lower quality sleep due to allowing their pets to sleep in the room with them



Cut out caffeine once mid-afternoon comes around (1-2pm)

-caffeine keeps you more alert and tricks your brain into staying awake which can cause massive problems with sleep



Avoid night-caps such as drinking wine in front of the TV before bed; break the habit

-Alcohol disrupts your brainwaves and natural sleep patterns



Use calming oils such as lavender, sage or chamomile which all contain relaxing properties that all contribute to a better night's sleep



Keep your room cool 16 degrees is optimum



Take a short nap during the day if you are running on very low sleep



Eat regularly up to x3 times a day

# Summary..

**Poor sleep may increase appetite, likely due to its effect on hormones that signal hunger and fullness. (Pg7&8).**

**Getting a full night's sleep may help you make healthier food choices.**

**Poor sleep can decrease your self-control and decision making abilities, as well as increase your brain's reaction to food. Poor sleep has also been linked to an increased intake of foods high in calories, fats, and sugar.**

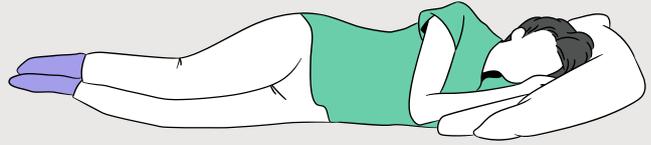
**Poor sleep can increase your calorie intake by increasing late-night snacking, portion sizes, and the time available to eat.**

**Getting enough sleep may increase your motivation to be more active and enhance your athletic performance, both of which can contribute to weight loss. Interestingly, being physically active can also improve your sleep.**

**If you're trying to lose weight, not getting enough sleep can sabotage your efforts. A lack of sleep is linked to poorer food choices, increased hunger and calorie intake, decreased physical activity, and ultimately, weight gain.**

**If your weight loss efforts are not producing results, it may be time to examine your sleep habits. Though individual needs vary, most adults need around 7–9 hours of sleep per night.**

**Getting some much needed rest may make all the difference in helping you achieve your weight loss goals.**



I hope you have found this very helpful  
and useful!

I hope you have also gained a bigger  
insight into sleep from this guide!

Make sure you take on board the tips  
and advice to support you on your  
journey of optimum health & wellness!

Thanks for reading!

Zoe x

