

Healthy Sleeping Habits

The quality of your sleep directly affects your mental and physical health and the quality of your waking life, including your productivity, emotional balance, brain and heart health, immune system, creativity, vitality, and even your weight. No other activity delivers so many benefits with so little effort!

Sleep isn't just a time when your body shuts off. When you rest, your brain stays busy, overseeing biological maintenance that keeps your body running in top condition, preparing you for the day ahead. Without enough hours of restorative sleep, you won't be able to work, learn, create, and communicate at a level even close to your true potential.

As you start getting the sleep you need, your energy, efficiency, and overall health will go up. You're likely to find that you actually get more done during the day.

When you don't sleep enough, your cortisol levels rise. This is one of the stress hormones that is associated with fat gain. Cortisol also activates reward centers in your brain that make you want food. At the same time, the loss of sleep causes your body to produce more ghrelin.

Because insufficient sleep impacts your hunger and fullness hormones, including ghrelin and leptin. Ghrelin signals your brain that it's time to eat. When you're sleep-deprived, your body makes more ghrelin. ... Put the two together and sleep deprivation leads to overeating and extra pounds.

7-9 hours of sleep per night is recommended for adults. Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime. It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

Every healthy choice makes a difference!