






AllinaHealth  Weight Management

Getting Your ZZZZ
Evening education series
June 2023

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Importance of sleep

-  Improves energy!
-  Restores mental health Productivity
-  Restores physical health Muscle growth
Tissue repair
Protein synthesis

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What are your biggest barriers to good sleep?

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Chronic conditions


- Lack of sleep can contribute to:
 - Obesity
 - Diabetes
 - High blood pressure
 - Heart disease
 - Depression


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How much is enough?

Aim for 7-9 hours per night
2/3 of Americans average less than 7 hours




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Hormone changes with short sleep

Short sleep can trigger

- Reduced leptin which suppresses appetite
- Increased Ghrelin which stimulates appetite
- Potentially increased cortisol to wake you up
- Insulin resistance



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Research studies

- With voluntary sleep restriction, participants increased energy intake by 700 calories/day
- Increased snacking with higher carbohydrate snacks when they slept 5.5 hours compared to 8.5 hours for a period of 3 weeks



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Sleep disruptors



- Caffeine
- Alcohol
- Medications
- Exercise too close to bed
- Food/fluid close to bed
- Health issues- sleep apnea, depression, chronic pain
- Environment
- Working overnight

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What are your sleep disruptors?

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Strategies to improve sleep

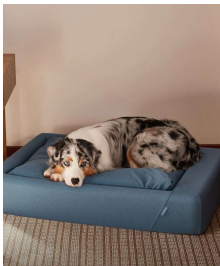
- Lifestyle habits
 - Stick to a similar bedtime and wake time
 - Limit daytime naps (keep to <30 minutes)
 - Avoid caffeine, alcohol, food 2-3 hours before bed
 - Maintain regular exercise but allow more than 3 hours before bed
 - Limit fluids close to bedtime

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Strategies to improve sleep



- Sleep environment
 - Keep your room cooler
 - Consider using ear plugs or white noise machine
 - Avoid using tv, phone, computer in the bedroom
 - Consider having your pet sleep in their own bed

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Strategies to improve sleep

- Bedtime routine
 - Avoid screens 1 hour prior to bed
 - Relax for 15-30 minutes before bed- bath, yoga, deep breathing, music
 - Keep paper by your bed (write down thoughts before bed or during the night if needed)
 - If you can't sleep, leave the bedroom for 30 minutes and do a quiet activity

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References

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