

# Sleep and Your Health

## Why is sleep important for your health?

Adequate sleep is a key part of a healthy lifestyle. Proper amounts of sleep can benefit your health, weight, mind and mood. Your body and brain need sleep. Lack of sleep is related to obesity as well as physical and mental health issues.

## Why is sleep important to weight gain?

When you do not sleep enough, the hormone cortisol increases. This is the stress hormone that is frequently related to weight 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 and less leptin. Ghrelin is known as the hunger hormone (makes you want to eat) and leptin makes you feel full. Not enough sleep tends to leave you feeling tired and hungry throughout the day often resulting in poor food choices.



### Tips:

Try to get seven to nine hours of sleep per night.

Avoid caffeine or eating spicy foods late in the evening.

Avoid drinking alcohol.

Avoid taking naps in the daytime.

Make your bedroom a pleasant place for rest, not a place for electronics.

Establish a regular bedtime routine. Begin with meditation or relaxation breathing.

Use apps for your phone that encourage a restful night, focused on relaxation or meditation. Consider using journaling and tracking apps.

## Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



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# Sleep and Your Health continued

## Sleep and Stress

Stress can keep people awake at night and increases when length and quality of sleep is less.

**Tips:**

Reduce stress to make it easier to fall asleep.

Decrease a busy schedule to free up an hour or two for sleep.

Avoid exercise immediately before sleep.

Meditation or simple breathing exercises can reduce stress and body tension.

## Sample Sleep Journal

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time I went to bed:							
Time I woke up:							
# times I woke up:							
Factors that kept me awake							
# of caffeinated drinks							
# of alcoholic drinks:							
# of naps and lengths:							

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