

# NEW HORIZON MEDICAL

|OCT 2022|

## *Health Tip of the Month*

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## **Get Your Zzz's**

Getting enough sleep plays a significant role in weight loss...

Did you know that sleep disturbances can get in the way of reaching your weight loss goals? Sleeping less than 7hrs a night (something that affects more than 1/3 of adults) is commonly associated with obesity and can make losing weight more difficult as it causes hormone imbalances that signal hunger cues. Obstructive sleep apnea is also commonly associated with obesity and can further disrupt sleep. Not only that but this condition can also significantly raise the risk of developing heart disease later in life.

There are a lot of factors that may impact one's ability to get enough sleep but making small changes can add up over time. Some days, despite your best efforts, adequate sleep might just not be achievable. That's okay try again tomorrow and keep making consistent efforts towards your goal!

### **IDEAS FOR PUTTING IT INTO PRACTICE**

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#### **SET YOURSELF UP FOR SUCCESS**

- Set room at a comfortable temperature
- Minimize noise/lights
- ↓ blue light exposure at night & ↑ daytime light exposure
- Do not eat for 2-3hrs before bed
- Be mindful with caffeine and avoid it later in the day
- Give yourself time to wind down from the day before bed
- Develop a nighttime routine to signal to your body that sleep is coming
- If worries keep you up at night try keeping a notepad to write them down at your bedside