

BLOG.SQD

How does poor sleep affect your metabolism?

When people think of their metabolism, typically the two areas they will focus on are nutrition and exercise.

Yes these are 2 key areas, but more and more research is showing that sleep, and more importantly **lack of sleep**, may be the most important behaviour in supporting metabolic health.

Sleep impacts appetite, fat burning hormone production and energy levels!

How many times have you been tired, or having a lazy day and reached for an unhealthy snack... it's all too common a story.

If we don't stay on top of a healthy sleep regime, we can expect to have increased hunger and appetite, decreased insulin sensitivity and glucose tolerance, and a decreased basal metabolic rate followed by a horrendous tendency to become lazy.

Number 1 on that list was hunger and appetite.

Studies show that tiredness makes people feel hungrier and when hungry are more likely to make poor food choices. One study that took place required healthy volunteers to reduce their sleep from 9 hours/night down to 4. As an average within the group, Women increased their calorie intake by 15.2% compared to Men who increased by 9.2%. Participants also favoured fatty, high carb foods when sleep deprived.

A decreased Insulin sensitivity and Glucose tolerance is the result of a poor night sleep which leads to a boost in Cortisol. When Cortisol is released our glucose metabolism becomes impaired, meaning the body isn't able to use the sugar in the blood effectively. This results in your body storing the glucose as fat. If this approach to nutrition is continued over a lengthy period of time, it can easily lead to Type 2 Diabetes.

Lastly a decreased metabolic rate and lower energy expenditure effectively mean you burn less calories per day. Less calories burned can easily tip the scales against your favour.

When tired, our NEAT calories will also decrease. This is the amount of calories you'll burn throughout the day doing unassuming tasks like walking to the bus stop, getting up from your desk and making a coffee etc.

The take away notes from this are that a poor night sleep can easily affect far more than you realise. It is vital to ensure you get enough sleep to help stay energised, keep your metabolism on point and also to allow you the energy to burn calories effectively.

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