

Western
Health
Advantage



Discover MyWHA Wellness | mywha.org/wellness



Get Your Zzzzzs

Getting enough sleep—you should aim for 8 hours a night—is just as important as eating healthy and exercising when it comes to weight management. Poor sleep is one of the strongest risk factors for obesity and contributes to heart disease and mood disorders.

Here's how losing sleep can be a factor in weight gain. Insufficient sleep can decrease the hormone leptin (regulates hunger by telling us when we're satiated) and increase the hormone ghreline (triggers our appetite). It also reduces energy expenditure (the way we burn off the calories we eat). So strive for better hormone balance with good sleeping habits.

5 Steps to a Better Night's Rest:

1. Avoid caffeine, nicotine and alcohol close to bedtime.
2. Stick to the same sleep and wake times.
3. Exercise regularly, but complete your workout at least 3 hours before bedtime.
4. Wind down with a relaxing bedtime routine (e.g., take a bath or read a book).
5. Create a bedroom that encourages sleep: make it dark, quiet and cool.