

Can Sleep Help You Lose Weight?



Presented by Dietitian Suzanne

The Weight Loss Center at SOMC

Using Nutrition for Better Sleep and Weight Loss

Sleep Great, Lose Weight

What is Sleep Hygiene?

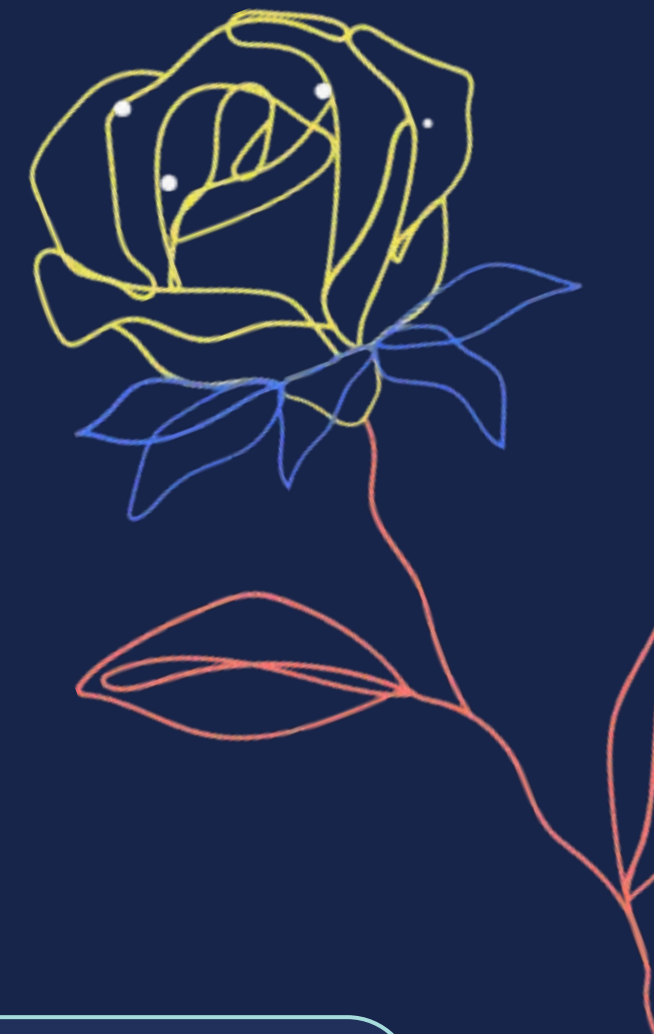


Sleep Routine and Environment

Helps us fall asleep and stay asleep

Provides Health Benefits

Weight Loss



What Happens with Not Enough Sleep

Increased
Inflammation

Higher Blood Pressure

High Cholesterol
and
Triglycerides

Increased Calorie
Intake
Rise of Ghrelin,
appetite hormone

Signs You are Not Getting Enough Sleep

Wake up Groggy
Low Energy
Find it Difficult to Focus
Forgetful/ Irritable
Tired throughout the day



Health Benefits of Sleep Hygiene



01 Improved Immunity

03 Increased Productivity

02 Healthy Eating Habits

04 Decreased Cortisol,
the "Stress Hormone"

What You Eat Affects Your Sleep

The Role of Macronutrients



Protein



Carbohydrates



Fat

Protein

Too little protein may delay your ability to fall asleep



Choose Foods with

Lean Meats

Fish

Low Fat Dairy

Eggs

Beans

Nuts and Seeds



Benefits of Protein include

Feeling Satisfied with Appetite

Boosts Metabolism

Builds Lean Muscle Mass

Carbohydrates

Fiber, Fruits and Vegetables

Processed Foods high in sugar may give shorter sleep time

Wake you Up frequently or cause you to take longer to fall asleep

Tart Cherry Juice and Kiwi

High in antioxidants help reduce inflammation. Kiwi has a high serotonin content.

Walnuts Almonds Pistachios

Increase Melatonin
Pumpkin seeds provide Magnesium and Tryptophan

Heart Healthy Fats

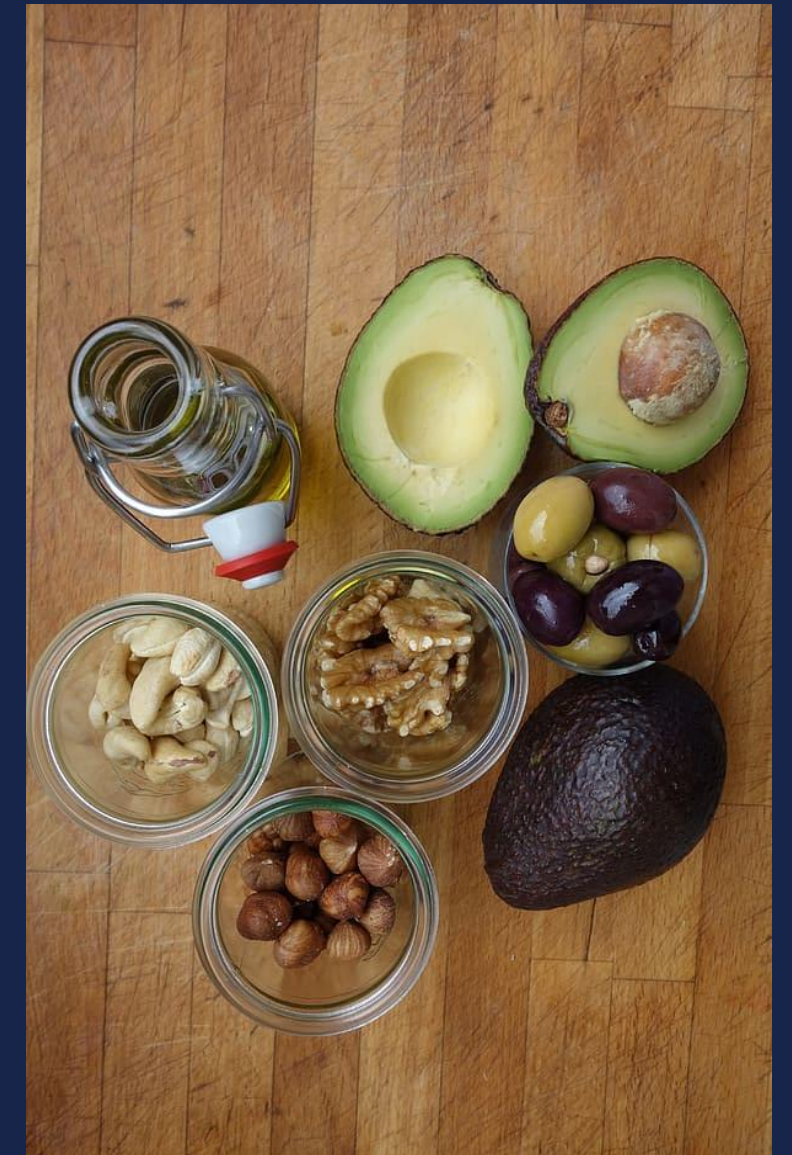
Choose Low Fat, Minimally Processed Foods

Olive Oil

Avocado

Low Sugar Nut Butters

Fatty Fish - Salmon, Tuna, Mackaral





*Tools to Get You
Started*

sleep mask

earplugs

sleep story

read before bedtime

Setting up For Success

Sleep Hygiene Looks Like:

**Include Protein and
Fiber at dinner**

**Reduce Caffeine
intake**

**Avoid overeating
at dinner**

**Stop eating 2-3
hours before
bedtime**

**Set up a Bedtime
routine**

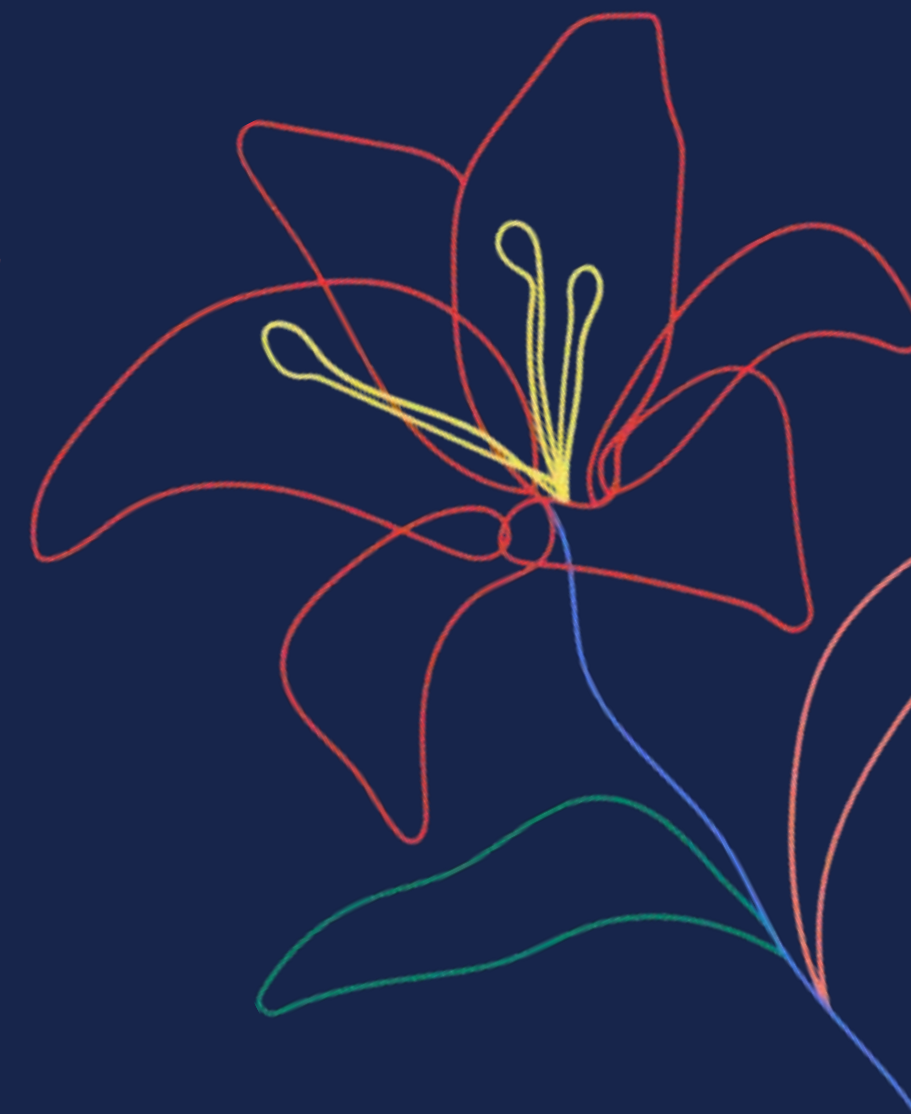
**Ideal Sleeping
Temp 67-69
degrees**

**Stop
screen/devices
one hour before
bedtime**





Check out our additional Nutrition Classes



Food Tracking and
Journaling

Eating Out with a
Nutritionist

What's for Dinner:
Success with Meal
Planning

Do You use Food
to Soothe?