



nutrinews

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A:

In a recent study researchers found that the less people sleep, the more they weigh, and that certain hormones seem to play a role. This was supported by another study which found that when people slept only four hours a night, for as little as 2 nights in a row, there was an 18% *reduction* in leptin, a hormone that tells the brain there is no need for more food, and a 28% *increase* in ghrelin, a hormone that triggers hunger.

On average, an adult needs 7 ½ hours of sleep daily. In addition to

weight management, studies indicate that people who rest enough accomplish more, the quality of their work is better, and their chances for accidents and absenteeism at work and in classes are reduced. Besides, being rested feels good, physically and emotionally, and helps you handle everyday stress better.

While occasionally not getting your full dose of restful Z's won't hurt, night after night of insufficient sleep can jeopardize your health. If you answer "yes" to more than three of the following questions, you might be sleep-deprived.

1. I fall asleep 5 minutes after my head hits the pillow at night.
2. I drink caffeinated beverages, such as coffee, tea, or colas during the day to stay alert and often have an alcoholic beverage at night to relax.
3. Getting up in the morning is not easy. I sleep through my alarm or turn it off and go back to sleep.
4. I am easily irritated by minor upsets or am grumpy with family members or coworkers because I am tired.
5. I have trouble keeping my eyes open when I drive in the late afternoon or at night.
6. I have trouble concentrating and even

nod off occasionally in class and during the late afternoon and evening.

7. I would participate in more social activities or hobbies if I weren't so tired.
8. I've had 2 or more bouts with the common cold, flu, and/or other minor health nuisances in the past 6 months.

How much sleep you need depends on you. If you wake up refreshed and ready for the day, then you probably are sleeping enough. If you feel tired and have trouble functioning during the day, you probably aren't getting enough sleep.

Q: What's sleep got to do with my weight?

Got a question? email: wildcatnutrition@yahoo.com