




VICTORY
HEALTH & WELLNESS

3 Secrets to Optimize Sleep Habits & Support Weight Loss

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Can a Restless Night Lead to Unwanted Pounds on the Scales?

Unfortunately, the answer is yes. Studies have shown a clear link between insufficient sleep and weight gain. Research suggests that sleep-deprived individuals consume an average of 385 more calories per day than those who get adequate sleep! This translates to a significant increase in calorie intake over time, potentially leading to weight gain.

Quality sleep is essential for overall health and crucial to weight management. Use these expert secrets to optimize your sleep habits and support your weight loss or maintenance goals.





Prioritize Sleep Hygiene

- ☐ Eat light and early, and avoid heavy, rich, or spicy meals close to bedtime. They can cause discomfort and indigestion, making it harder to fall asleep.
- ☐ Finish eating at least two to three hours before bedtime to allow for proper digestion.
- ☐ Create a sleep schedule by going to bed and waking the same time every day, including weekends.
- ☐ Create a relaxing bedtime routine to signal your body that it's time to wind down. This may include reading, taking a warm bath, or practicing relaxation techniques like deep breathing or meditation.
- ☐ Ensure you have a comfortable mattress and pillows, minimize noise and light, and maintain a cool temperature and dark and quiet environment. The ideal sleep temperature is around 65 degrees Fahrenheit (18.3 degrees Celsius).





Limit Screen Time Before Bed

- ☐ Reduce exposure to electronic devices such as smartphones, tablets, computers, and TVs at least an hour before bedtime. The blue light emitted by these devices can interfere with melatonin production, the hormone that regulates sleep-wake cycles.
- ☐ Instead, engage in calming activities such as reading a book, listening to soothing music, or practicing gentle stretching or yoga.





Manage Stress & Anxiety

- ☐ Practice stress-reduction techniques such as mindfulness meditation, deep breathing exercises, progressive muscle relaxation, or yoga to help calm the mind and promote relaxation before bedtime.
- ☐ Create a worry journal to jot down any concerns or thoughts before bed, allowing you to release them from your mind and ease into sleep more peacefully.





Reflection

Implementing these sleep hygiene practices and lifestyle adjustments can improve the quality and duration of your sleep, which may support your weight management efforts.

Review your completed checklist and identify one or two areas where you can improve your sleep hygiene.

Consider setting specific goals and implementing strategies to support better sleep quality and overall well-being. Remember that consistency and persistence are essential. Make small changes gradually and monitor their impact on your sleep and overall well-being.

