

Did you know that prioritizing quality of sleep can help with a healthy weight loss journey by regulating hunger hormones, boosting exercise performance and much more?

A successful weight loss journey has multiple key factors: diet, exercise and any appropriate medications such as GLP-1s. The one that is over looked the most is quality of sleep.

### Four ways in which quality of sleep can help with a healthy weight loss:

1. **Improved Appetite Control:** Quality sleep plays an important role in regulating hunger hormones. When you're well rested, your body can maintain a balance that helps control your cravings and promotes fullness. Skimping on sleep disrupts this balance, leading to an increased appetite. When taking a GLP-1 medication for weight management, prioritizing good sleep becomes more important as restful slumber helps regulate your appetite, enhancing the effectiveness of the GLP-1 controlling your weight.
2. **Better Exercise Motivation and Performance:** When you don't get enough sleep, you may not feel motivated to work out. Good sleep sets the stage for better exercise and helps you stick with your fitness plan. Exercise helps you sleep better, not just affecting your ability to sleep longer, but also your ability to have better quality sleep. Making sure you're getting a good amount of sleep can boost your energy levels and help reach your fitness goals.
3. **Stress Hormone Regulation:** When you sleep, levels of your cortisol naturally decrease as part of the body's circadian rhythm. Decline in cortisol helps regulate your physiological processes, including appetite and cravings. Sleep allows cortisol levels to diminish, reducing the likelihood of craving less healthy "comfort"

foods. When you are sleep deprived, cortisol levels remain elevated, disrupting your body's hormonal balance. Imbalance not only interferes with your metabolism, but also increases your tendency to crave those comfort foods.

4. **Promotion of Mindful Eating:** It is important to complement your GLP-1 medications with dietary and lifestyle changes. This requires a lot of mindfulness and self-control that may take some time getting used to. Quality of sleep becomes even more important. Lack of sleep can affect your judgement and decision-making abilities, especially when it comes to balancing your emotions with rational thoughts. It can lead to impulsive and unhealthy food choices. When you are really tired, your brain's pleasure centers become more active, making you crave comfort foods even more.

Prioritizing quality of sleep can be challenging, but it is so essential to your weight loss journey. If you need support in healthier sleeping habits contact a member of the Gen Med team.

