

What is a
healthy
lifestyle?

Eating a healthy diet

Regular physical activity

Maintaining a healthy weight

Learning to manage stress

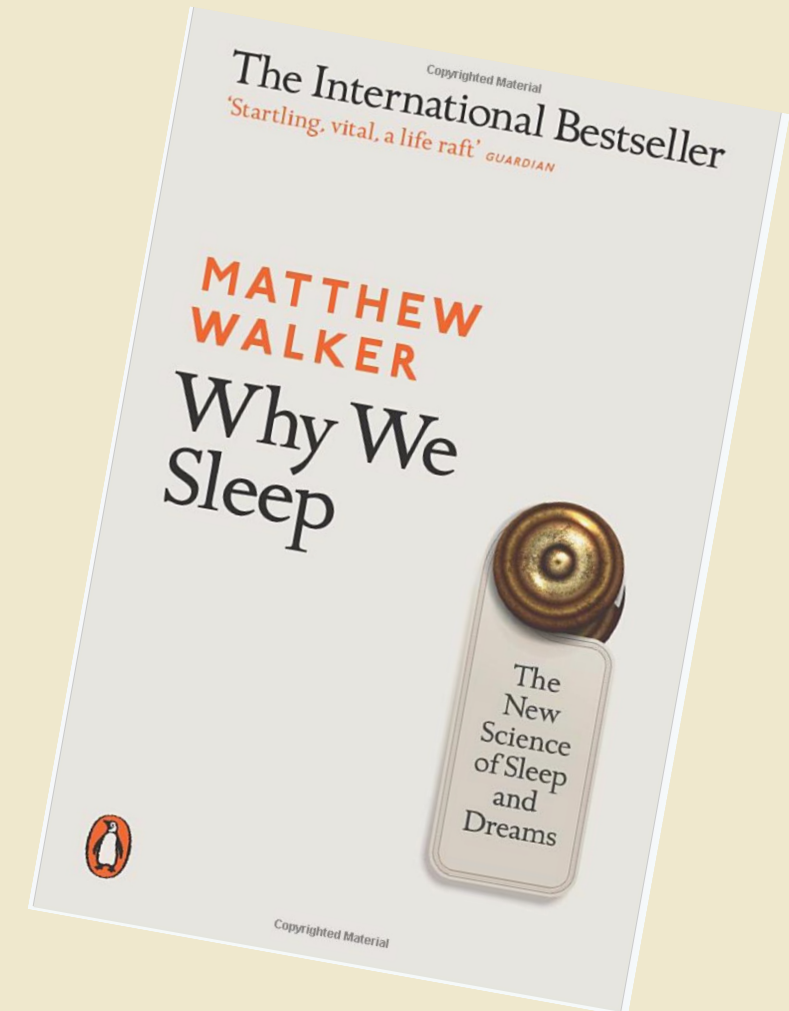
Adequate sleep

Not smoking

Moderation of alcohol intake

Sleep

- Sleep is the single most effective thing that you can do to reset your brain and body health every day.
- However, it can be one of the most difficult lifestyle factors to change.



Why do we sleep?

- Restores our memory
- Restores our immune system
- Removes toxins from the brain
- Improves insulin sensitivity and blood sugar
- Improves our mood
- Helps to recover from exercise or injury
- Reduces inflammation
- Slows overall ageing



Sleep deprivation and weight



Lack of sleep

- leads to a drop in **leptin** which tells me that I have eaten enough – stops hunger cravings
- leads to an increase in **ghrelin** the hunger hormone which makes me overeat

Sleep deprivation and weight

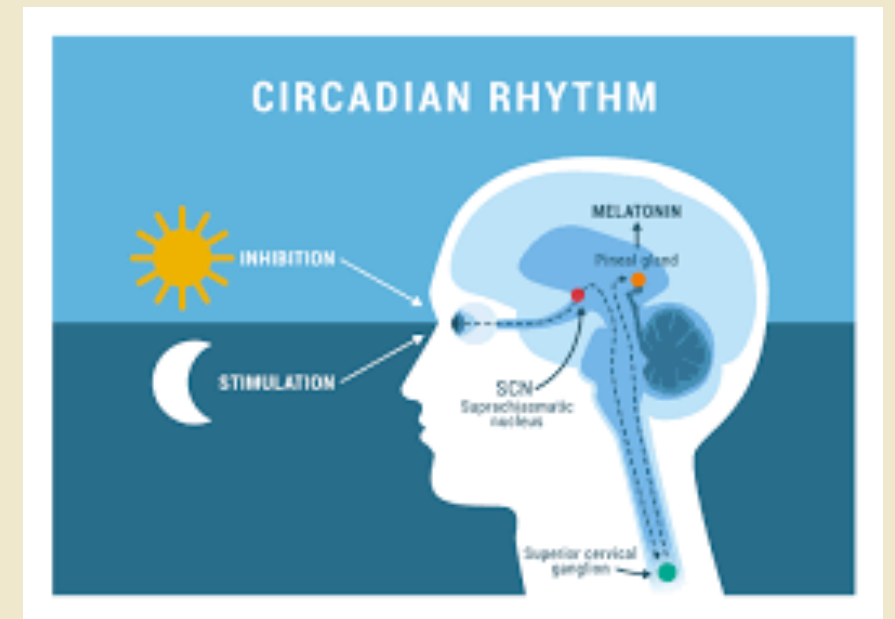


We know that people who who don't get enough sleep regularly eat around 300 extra calories per day compared with people who get enough sleep

(and the calories are more likely to be carbs)

Melatonin and sleep

- Natural morning light is blue light and this resets our sleep and waking hormones
- Natural evening light is red light and this allows our sleep hormones to rise
- Natural melatonin reduces inflammation
- Melatonin supplements only advised for very short periods



Melatonin and sleep



- Blue light in the evening interferes with our sleep hormones – a problem now we all use our phones, tablets and laptops - perhaps to relax in the evening
- It reduces the amount of melatonin released by 50%
- People with melatonin suppression such as shift workers are at a higher risk of developing various health problems, including diabetes



Tips for better sleep

- Regularity – try to keep same bedtime every day
- Temperature of the bedroom – ideally no more than 18°C
- Dim the lights an hour or so before you want to go to bed – avoid screens too
- Have your evening meal early enough to digest properly while awake (3 to 4 hours before going to bed)
- Alcohol disrupts sleep!
- Avoid caffeine more than 12 hours before sleep
- Exercise regularly – try to get out into the daylight as early as possible in the day
- If you **HAVE** to look at a screen use blue light blockers

