

Research Shows Consistent Links between Obesity & Sleep Deprivation

If you want to lose weight and you're not being successful, then you should probably take a look at your sleeping habits. According to the recent study done by Stanford School of Medicine, you may gain weight if you don't get enough sleep.

What happens is that lack of sleep makes your body produce more of the hormones called ghrelin and at the same time, it decreases the amount of the hormone leptin in your body. Ghrelin is a hormone that tells your body that you are hungry - it triggers the appetite, so the more of the hormone ghrelin that you have in your system, then the more that you will eat. The research study conducted by researchers at Stanford showed that there was a 14.9 percent increase of ghrelin in those patients who slept an average of 5 hours vs. those that got an average of 8 hrs of sleep. And particularly noteworthy was that the results were the same whether the participant was male, female, body type, eating habits, or exercise programs.

Leptin is a hormone that is produced by the fat cells in your body. If you have too little leptin in your system, it tells your body that you are starving and increases or stimulates your appetite. When researchers studied the effects of sleeping habits on leptin hormone levels, it showed a 15.5 percentage decrease in the same study of the patients who slept an average of 5 hrs as compared to those who slept consistently for 8 hrs.

Another study by the University of Chicago Medical Center has shown a correlation between lack of deep sleep increasing the risk of Type 2 Diabetes. Previous studies have shown that getting a reduced amount of sleep can impair glucose metabolism and appetite regulation which results in an increased risk of excessive weight gain and diabetes. This particular study by the University of Chicago Medical Center is the first study that links poor sleep quality to an increased risk of diabetes.

So clearly, getting a good night's sleep could be a major factor as to whether you are having trouble losing weight.

Things to consider:

1. How many hours of sleep do you get on average?
2. What prevents you from getting the sleep that you need?
3. List what you can do to make sure you get more sleep:

Note: Studies have consistently linked improvements or increases in magnesium and potassium aspartates (key ingredients in Active 8) to normal levels in the body helping folks metabolize body energy properly and reverse fatigue symptoms enabling them to get a better night's sleep. If your body runs more efficiently, it sleeps better too! All in all, a vicious cycle: not enough sleep causes fatigue, stress, mental impairment which could cause you to gain weight too! So take your Active 8 and feel great!