

Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

How to Detox Your Body With More Sleep

Getting a good night sleep is very important for our health, well-being and for our weight-loss journey. While we may not always realize it, a lack of sleep has a direct effect on our hormone levels and can cause us to gain weight.

OUR BODIES DETOX WHEN WE ARE ASLEEP.

This guide offers three tips for getting better, detoxifying sleep.





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Why Sleep Is So Important

It is very important that your body gets a full night's sleep to recover from your daily activities.

Having a good sleep is an essential part of detoxification and recovery of the body. While you are sleeping your body is working to repair itself from stress, pollutants, and viruses you've come in contact with during the day.

During this time your body is producing protein molecules to help strengthen the immune system and rejuvenate and rebuild your body. During your weight-loss journey, getting enough sleep helps your body process toxins and replenish energy in your body.

A good night's sleep also helps regulate the hormones that control your appetite. A lack of sleep can reduce leptin levels in your body and cause the hormone ghrelin to rise. Leptin is the hormone responsible for telling your brain you are full and ghrelin tells your body it is hungry. When these hormones become off balance it affects your weight and your ability to eat the proper amounts.

Even if you are watching your diet by eating well and working out, when you do not get enough sleep, you are basically doomed in your weight loss. Not only is it detrimental to your weight-loss journey but it can also have serious negative effects on your health.

During sleep is when your body detoxifies the stressors of the day. This includes the detoxing of your brain. During sleep your brain cells shrink around 60% allowing them to remove waste more easily. During this time your brain is cleaning out harmful proteins that are linked to diseases such as Alzheimer's. Your brain is also transferring memories from short-term to long-term storage. Cutting this time short not only affects your memory but also causes you to become foggy and unable to think clearly. This affects your problem solving skills, decision-making abilities and inhibits your mental capacity.



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Tip #1 Do Not Eat After About 6 p.m.

The first step to getting a good night's sleep is to have a light, early dinner and not eat any more after that. I try not eat after about 6 p.m.; 7 p.m. works better for others. By not eating after 6 p.m. we are not only limiting the extra, and often unnecessary, calories we consume before bed, but we also are allowing our body to go to bed empty so that it can burn fat while we sleep.

When we eat before bed our body wants to use that food for immediate energy use. The problem is that we are not going to be using any energy in our sleep. The excess food that can't be processed because we are not exerting energy is then stored—causing us to gain weight.

Tip #2 Go to Bed on an Empty Stomach

If you find yourself starving before bedtime you might want to re-evaluate what you are eating throughout the day. Are you eating every 3 hours during the day? Are you eating enough? If you still feel hungry after a meal it is probably your body telling you that you did not receive the right amount of nutrients during your meal. Make sure you are eating vegetables, lean proteins, and a healthful fat during dinner to leave you feeling full and satisfied.

The overall rule about eating before bed is to stop eating 2 hours before bed to feel lighter, get a better nights sleep, have more energy in the morning, and increase weight loss.



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Tip #3 Do Not Eat Sugars or Carbs Before Bed

Eating the wrong foods before bed can also us feeling bloated, too full, hot, and uncomfortable. This can affect the way we sleep. It can have a negative impact on our sleep quality and leave us feeling tired and sluggish the whole next day.

Bonus Tips

Screen time: Avoid watching TV or staring at your computer or phone light for too long at night. The lights emitted from these screens trick your brain into thinking it is still daytime and make it harder for you to fall asleep.

Darkness: Sleep in as dark as a room as you can. Try to black out any lights in your room and any outside light that could come in. Even the littlest amount of light can affect your production of melatonin and serotonin.

Temperature: Keep the temperature in your room cooler. Try not to go higher than 70 degrees F. It is said that because your body's temperature drops while you sleep, a cooler room mimics your body's temperature making it more conducive to sleep.

Bath time: Try taking a hot bath before bed. When you take a bath your core body temperature rises and then dramatically drops once you get out. This helps to tell your body that it is time to go to sleep.