Sleep Tips for Healthy Body, Healthy Weight

• Adequate sleep is essential for the optimal production of Human Growth Hormone (HGH) which repairs and increases muscle.

• Not getting enough sleep causes a rise in ghrelin and a drop in leptin – these hormonal changes trick the body into feeling hungry and prevent the body from feeling full even when food intake is adequate. This also contributes to obesity.

• Inadequate sleep depresses the immune system, which can weaken academic or athletic performance, especially during the stress of finals or competition.

• Have trouble sleeping the night before a big event? Call 253-CALM, the Relaxation Line, to be guided through a brief relaxation exercise.

• To catch up on sleep, plan to spend some time over the weekend paying off the sleep debt; cut down on unnecessary activities whenever possible; take a “power nap” for 20-30 minutes during a break in the day.

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