

Does Sleep Deprivation Lead To Weight Gain?

Sleep deprivation can have many downsides. It can seriously affect not only your well-being, but your health as well. Everyone seems to be somehow aware of this. However, not many people know that it can affect one's weight as well.

Did you know that sleep deprivation can add many extra pounds?

If you don't sleep at least 6 hours a night, your body won't rest enough. The recommended amount is between 7 and 8 hours. Many health-related issues can follow so one shouldn't take this situation lightly. Also, you will be tempted to make wrong choices which will be detrimental for your weight.

Here is exactly why sleep deprivation can easily lead to weight gain:

- It significantly slows down your metabolism.

When you don't sleep enough, your body functions won't be at their best. Due to the slower metabolism, your body will store everything that you eat.

- You will be tempted to pamper yourself with extra snacks.

Fatigue will make you want to get many snacks as your body won't have enough energy to carry properly through the day. You might easily mistake cravings for hunger.

Also, on an unconscious level, you might tend to pamper yourself to compensate for the lack of sleep. This is particularly dangerous if you have a sweet tooth.

Cookies, doughnuts and candies will seem very appealing and we all know how they can ruin your weight goals. Carbonated beverages might also become new favorites and that is never a good thing as they are packed with sugar and calories.

- You will eat more.

People who don't sleep enough have more lipids in their blood. Consuming comfort foods is an activity that will temporarily make them feel much better. You might be very familiar to this.

Comfort foods are very tricky as they improve your mood while you eat them, but immediately afterwards you will feel guilty and worse than before as you realize that you probably overate. Not to mention that they are always either fatty or sweet. No one lists broccoli or lettuce as a comfort food.

Moreover, this implies more junk food and fewer vegetables. Take into account the fact that your metabolism slows down and you have a sure recipe to gain some unwanted extra pounds.

- You will feel blue.

Being tired can make you vulnerable. Making one mistake can ruin your mood and lower your self-esteem faster than usual. It can even and can even make you slightly depressed.

Mood swings are not out of the question either. They can ruin your inner balance and you might tend to be too harsh on yourself when you feel down.

This will lead to emotional eating and the vicious circle involving comfort foods. When you are busy, you will tend to have more snacks, while the lack of activity can be filled with too many unnecessary meals.

- You risk getting health-related issues that will make matters worse.

Sleep deprivation affect your cells reactions to insulin in a negative way. So you are more prone to get fat or to suffer from cardiovascular conditions or diabetes. This is by far the most important thing you should be worried about.

Being overweight is not pleasant. But being sick due to that extra weight is a whole different story and this risk should definitely motivate you to get your beauty sleep every single night.