



A Simple Way to Prevent Overeating During the Holidays

The holiday season invites us to gather with loved ones, and many times, eat big meals. This, in turn, tees up the conventional New Year's fitness resolutions. Recent studies cited in the publication, SLEEP from the Sleep Research Society, demonstrate that a single, simple strategy can help us keep those holiday pounds from accumulating in the first place.

Sleep Influences the Way You Perceive Food

During one study, researchers used a specialized MRI technique to determine how sleep loss shapes the brain's response to food by showing images of food to individuals who regularly slept less than the recommended 8 hours per day. The study showed how specific areas of our brains respond more strongly to food when we're sleep deprived than when we're well rested, which tends to cause us to overeat.

Sleep Loss Impacts Metabolism

Another study including more than 160,000 subjects over 18 years looked at the relationship between average sleep time and the development of metabolic disorders. They found that sleeping less than 6 hours per night was responsible for, among other things:

- 18% greater risk of developing obesity
- 8% greater risk of high blood pressure
- 9% greater risk of elevated triglycerides

Give Yourself the Gift of Sleep

Not only does sleep loss act on your brain to make you more likely to overeat, it also impairs your body's ability to efficiently process those extra calories. To prevent this issue, both studies showed that sleeping at least 8 hours per day can reduce, and often even reverse, the damage done by poor sleep.

How Healthy is Your Sleep?

The National Sleep Foundation and Center for Disease Control and Prevention suggest that adults get 7-9 hours of sleep per night. While your quantity of sleep is essential, it is just as important to have high quality sleep and a regular sleep schedule. Find out how your sleep measures up with our simple, interactive sleep calculator:

sleepcharge.com/sleepcalculator

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sleepcharge.com/holiday-food

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langdale.fusionhealth.com/sleep

Sources: [National Institute of Mental Health \(Japan\)](#),
[The Chinese University of Hong Kong](#)

Having Trouble Sleeping?

Should you have any questions or like assistance on your path to better sleep, please contact the FusionHealth Participant Resource Center at sleep@fusionhealth.com or 1-877-615-7257.