

IMPAIRED SLEEP CAUSES WEIGHT GAIN

A shocking new study from the *Annals of Internal Medicine* shows a common mistake nearly EVERYONE makes in the bedroom is absolutely killing their metabolism. Not only does this mistake BLOCK your ability to reduce fat, it also gums up your hormones, drives up hunger, ages you rapidly, saps you of energy and damages your mental functioning.

What's worse, this mistake can force an otherwise "healthy" person to show the same type of insulin resistance and blood sugar problems as a full-on type 2 diabetic! Unfortunately, most people don't even KNOW they are making this mistake...and what's worse, the solution that fixes it in only 15 minutes a week isn't widely publicized. More on that in a bit.

The mistake I am talking about is impaired sleep.

WARNING: Don't fool yourself and think, oh, I can sleep later, I am too busy to sleep, sleeping doesn't make a difference. And most people that claim they can "get by" on 5 or 6 hours of sleep a night are fooling themselves and causing health problems they don't even realize are associated with this lack of sleep.

If you had a choice between exercise and sleep for your health and waistline, hands down, sleep is the winner...here are the 5 reasons why:

Reason #1

Not getting enough sleep makes you RAVENOUSLY hungry and skyrockets your cravings for the worst food possible. How? Another study published in the Public Library of Science shows why.

First, impaired sleep causes leptin, your "I'm full" hormone to go DOWN by 15.5%.

Second, it causes your "I'm hungry" hormone to go UP by 14.9%.

This sends your appetite wildly out of control -- you wake up starving and completely useless until you can binge on the worst foods. If that wasn't bad enough, impaired sleep gets you addicted to the WORST foods possible, driving your cravings for sugar, sweets and starchy carbs (breads, pasta, etc.) through the roof!

Reason #2

Leptin, the "I'm full" hormone, also controls your metabolism by influencing your thyroid hormone. So when you don't get enough shut-eye and leptin goes down, your thyroid also goes down, which causes your metabolic rate (how many calories you burn at rest) to absolutely PLUNGE!

The result? More of the food you eat gets parked on your belly and thighs instead of being turned

into energy to power you through the day.

It gets worse... most people don't know that the majority of the "fat burning" process actually happens WHEN they sleep! During sleep, leptin triggers specialized calorie-burning fat cells (yes, you read that right) to burn up excess calories that you don't need and to release that energy as heat.

So when you miss out on that deep slumber, you deprive yourself of the PRIME fat burning window where the inches start to disappear.

Reason #3

Sleep deprivation also depresses how sensitive your cells are to insulin. If you are LESS insulin sensitive, you need to crank out MORE insulin to clear any excess blood sugar that may be floating around.

And more insulin causes a double fat-making whammy by telling your liver to turn the food you eat into fat AND by locking fat in your fat cells so it can't be released to be burned. Adding insult to injury, your body perceives lack of sleep to be a threat to its existence, so it fires up your stress hormone cortisol, which has been directly linked to excess belly fat.

Reason #4

Impaired sleep also damages your brain, cognitive abilities and mood.

Dr. Maiken Nedergaard, professor of neurosurgery at the University of Rochester, completed a study showing that when we sleep, our brain flushes out potent neurotoxins that are normal by-products of our waking activity. But if you let those by-products accumulate without taking out the garbage, VERY bad things happen -- like brain fog, impaired memory, wild mood swings and trouble focusing.

Inflammation and oxidative stress also run rampant, causing even further damage to your brain and putting you at risk of developing age-related diseases such as Alzheimer's.

Reason #5

You ever see someone who hasn't gotten a good night's sleep in a few days? They look totally ragged, wasted...and strangely...OLDER. That's because lack of good sleep ages you rapidly by robbing you of the small window of opportunity during which your primary "youth" hormone works its magic.

I am talking about growth hormone -- your master rejuvenation hormone that mostly only comes out at night, helping you re-build and repair and keeping you young.

Aside from making your skin ragged, wrinkly and dry, lack of growth hormone also dramatically alters your body composition, shifting it to be MORE fat and less muscle -- NOT what you want!

So here's my 4-step formula to getting more sleep and cranking up your metabolic engine:

- Step 1: Go to bed 15 minutes earlier each week until you get to 7-9 hours of sleep each and every night.
- Step 2: Make your bedroom completely dark, which maximizes your hormonal response.
- Step 3: Calm down your brain several hours before bed -- limit TV, turn off your email and other devices, and avoid exercise for at least 3 hours before bed. Relax and wind down, clearing your mind of your daily stresses and worries.
- Step 4: Don't eat within the last 3 hours before bed time in order to maximize growth hormone production during sleep.

I also have a separate article with a unique bedtime relaxing drink as well as [5 tips to prevent insomnia here](#).

WARNING: This formula won't boost metabolism and fight aging if you are eating the WRONG foods as most people unknowingly do.

Your metabolism will come to a halt, your energy will plummet, your thinking will slow and the ravages of aging will set in regardless of how much shut-eye you get.

So just follow the 3 steps on the next page to spark your metabolic fire and keep it burning white hot 24-7 with these delicious foods:

-- [Use these 3 steps to crank UP your metabolic fire](#)

So sleep tight tonight and let your fat-burning metabolic machinery work it's magic!

P.S. When you both eat RIGHT and get good, deep sleep, you enjoy a compounded, accelerated metabolic effect that really gets your fat burning engines going. [Step #3 on this next page](#) even shows you an additional metabolic-acceleration strategy you can layer on...one that's been shown to be particularly helpful for those who have tried dieting without success.

Mike Geary
Certified Nutrition Specialist
Certified Personal Trainer