



# Your Sleep. Your Health. Your Life. Newsletter



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## IN THE MEDIA

### Television

**Anderson Cooper  
360°**

## Sleep: Add it to your Resolutions!



We all know that the New Year is just around the corner and with it comes those dreaded New Year's resolutions. Year after year, the #1 New Year's resolution is to lose weight. In fact, gym memberships increase, diet books sales increase and even diet food sales increase right around the new year. Unfortunately within 3-6 weeks most people are back to their old ways, and not nearly as much weight has been lost as anyone had hoped for! So why does this happen? My theory is simple, because most people do not realize that they need to also **change their sleep** in order to lose that weight.

This year has been a great year for even more research on sleep and weight loss. A landmark **study** examined the effects of insufficient



December 3, 2013

Anderson Cooper  
360° Later



December 3, 2013

PRINT AND DIGITAL

Glamour

sleep on weight gain, and looked specifically at energy intake (calories in) and energy expenditure (calories out). Researchers investigated the effects of sleep on these two critical factors in weight management. The results:

- Participants whose sleep was restricted to 5 hours a night for 5 consecutive nights burned 5% more overall calories daily than those who were allowed to sleep up to 9 hours per night. However, the daily calorie intake of restricted sleepers was 6% higher than longer sleepers. The result? An energy imbalance for restricted sleepers, with more calories consumed than used.
- This energy imbalance led to an average weight gain of almost 2 pounds for those in the restricted sleep phase.
- What's more, people who slept too little consumed more of their calories later in the day, which may further contribute to weight gain.

A pair of recent studies indicates that sleep deprivation causes neurological changes that may compromise judgment and trigger desire for unhealthy foods. Researchers found that lack of sleep is associated with diminished activity in the brain's frontal lobe, an area that's critical to judgment and complex decision making. Participants who were sleep deprived made different, less healthful **food decisions** than those who were not. Researchers found that in people who were sleep deprived, the reward center of the brain was more strongly activated by unhealthy foods than in those who had received sufficient sleep.

So what is my advice?

- .. Determine what your bedtime is and stick to it, and wake up at the same time each day even on your weekend.
- }. Stop caffeine by 2 p.m.
- }. Stop alcohol within 3 hours of bedtime
- }. Stop exercise within 4 hours of bedtime
- }. Get 15 minutes of sunlight each morning to re-set your biological clock.

Happy New Year and sweet dreams!

**Holiday vacation time ≠ more sleep time**



The long awaited holiday break is here, many of us have time off from our regular work routine and what is our natural inclination? To sleep in and **catch up on missed sleep**? Take a nap?? Catch a few zzz's on the couch while watching your favorite

holiday special or football game??? But is this really the best idea? For those of you who are truly sleep deprived I would tell you that it is OK to go to bed a bit earlier, but **sleeping in is not a great idea**.

### Shape Magazine



Think about the concept of **Social Jet lag**. Your body has an internal biological clock and this clock tells you when to wake up and when to go to sleep. By sleeping in by even more than 60 minutes, your rhythm will be off and you will begin to notice a difference - and it may not be for the better. And let's be honest, how good do you really feel when you sleep in? Especially if you sleep in more than an hour past your normal wake time. I routinely hear from most of my patients that when they sleep in, they feel fatigued and lethargic all day, get little done, and just can't seem to wake up!

But there are a few things you can do to take advantage of that extra time off and give your mind and body a much needed break, while not throwing off your internal clock:

**Pick a bedtime** that you can maintain for the entire break, and **STICK** to it.

### InStyle Magazine



**Keep your normal wake up time**, if you don't need to be awake that early, try a morning walk, some pushups, yoga, or mild exercise, in the morning. Remember, **exercise** helps improve the quality of your sleep. If exercise is not your thing, pick up that book you have been meaning to read and make sure that you go over to the window and get some good sunlight to help re-set your clock!

**Avoid too much holiday cheer**-watch out for alcohol since it will damage your sleep quality, and avoid caffeine past 2 p.m. Both can dramatically affect you during the season.

**Watch out for the excess stress** the holiday can put on you! Extra unstructured time can cause us all stress. Add to that a house full of children on break from school or guests and the stress can double. Try some enjoyable planned outings or a project you've not

### Good Night! Coming

## Soon



Learn more about Dr. Breus' upcoming insomnia program for Mac/Windows and iPhone.

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had time for, instead of extra sleep that might leave you in a daze.

**Give yourself plenty of time to do anything.** Remember, traffic will be worse, everyone's schedules are out-of sync, and routine things could take as twice as long.



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