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regards, Julian Sirian



'Now that is over and done with...'

Keep this famous furniture clean, to avoid a 55% increase in body weight!



Yes, seriously.

Lack of sleep also contributes towards weight gain.

Remember that story I told you, when I gained a few pounds over Christmas all those years back? (go back to the 1st report as a refresher, it's not a pretty story but I needed to tell it).

One thing I will say is that I felt groggy when I woke up. If it wasn't bad enough that I gained a few pounds of fat...

...it seemed that I also gained a few pounds of condensed fog in my brain!

And, I don't know about you, but feeling groggy when I want to crack on with my day is NOT my idea of fun.

And it probably isn't yours either.

In fact, little did I know, that there is a strong correlation between lack of sleep and weight gain...

But anyway, I'm skipping ahead a few gears. Lets go back to the beginning, shall we?

Put simply, without the deep restorative non-rem sleep, (what we call deep sleep), your hormones will suffer, and you will disrupt your circadian rhythms.

Without much deep sleep, Cortisol (otherwise known as the stress hormone) will be released more into your blood, which also means that you will not be able to lose much belly fat, and you won't be able to build even lean muscle.

Lack of deep sleep also will throw your hormones Ghrelin and Leptin out of wrack (Ghrelin helps with your appetite and Leptin gives a signal to the brain that you no longer need food, i.e. you're full).

To help with your sleep, try to get to bed and fall asleep before 10pm.

Why?

Because between 10-12pm is when higher pulses of Human Growth Hormone is released.



Whilst many scientists may still not know why we need sleep.

(Being serious...I actually heard this recently on the radio. Some scientists still don't get why we need to sleep, as the,'body' rejuvenates throughout the day...I was like, '*are you being serious???*')

I think this is one thing we can ALL agree on. If you have a poor nights sleep, you ARE going to feel it.

But, for what it is worth, (and if this helps) mindfulness meditation can be a great counter to this.

What I found was, when I had a bad nights sleep, for whatever reason, I did a quick 5 minute mindfulness meditation session, and had, 'enough' energy bursts in my head to get on with the day.

But anyway...I digress

Now to the important bit ;-)

The Research

- Increased body weight by as much as 55% in adults and 89% in children due to poor sleep. There is a high chance that your body mass is affected if you get, on average, less than 7 hours.
- The decision making part of your brain is affected with poor sleep. This makes making the correct choice difficult.
- After a meal, more calories were consumed in the form of snacks.
- Research involving 25 men and women, who were average weight, were shown to increase cravings for unhealthy food when sleep was 4 hours. More info here.
- High levels of Ghrelin may contribute towards weight gain, based on a 2014 experiment.
- An increase in hunger can also be caused by poor quality of sleep, making your fat loss more difficult.
- Your resting metabolism, crucial for losing weight, is also affected.
- Your body cells will increase their insulin resistance due to lack of good sleep after just a few nights.

Possible Solutions

Sleep is a funny one (and this is coming from a former insomniac, of over 20 years).

To get your sleep, discipline is of vital importance. Yes, I know your life is stressful, but you have to find a way to manage that stress.

In fact, sleep is so important, I was considering in putting it number 1 on the list. (It snuck in here in the end, but there you go).

I have found that one of the best ways to practice discipline, as well as calming the stressful mind, is mindfulness meditation.



There are a few apps that help you do that (I also recommend you check out, 'The Power of Now' by Eckhart Tolle, or try my app, ['The Mindbeater'](#). It's free to use).

A trick I recently learned was getting to bed 30 minutes earlier, every night.

Whilst I found initially, that I was waking up around the same time, that soon stopped, and I found out that I was waking up earlier and earlier.

In fact, so successful was I in doing this, that I even got up at 6:30am on Christmas Day, in 2020!

Other solutions

Try to also install [Flux](#) on your computer/laptop.

This helps with dimming the lights and also activates certain hormones that help induce sleepiness.

Try supplements that help with increasing your Melatonin, as this is a big sleep aider. I've found that the Glycine in Collagen powder also helps. Or you can purchase it separately.

Not going to lie, sleep is a tricky one to overcome. You do need to get into a regular [sleep schedule](#), as a lack of sleep will seriously hinder your weight-loss efforts.

Read the next report to find out another weight-loss killer, that involves your very own subconscious...

Did you like this report?

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Also, if you would like even more awesome free information of tips and hacks on losing weight, please subscribe to my email list. Just visit [this link](#), enter your email address, and you will soon join my list.

Thanks ;-)