People who don't sleep enough tend to gain weight

Written by
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People who sleep the right amount of time won't feel hungry. In a study performed on people eating the same amount of calories per day, it was proven that well-rested people were slimmer than others. The reason for this being that lack of sleep leads to a slow-down of the metabolism; and therefore the body will burn fewer calories and store more fat as a result. Additionally, these people will have less energy, feel exhausted and be less active during the day. Last but not least, it is a fact that the regeneration process, which also burns calories, takes place when we sleep. In the case that you suffer insomnia and have troubles sleeping at night, you should find a solution to this problem. Sleeping rituals like going to bed at the same time, eating smaller dinner portions, avoiding alcohol, and being active throughout the day will help you get a good night´s rest. Remember not to be too active before going to bed since an accelerated metabolism will keep you awake.