

Eliminate Belly Fat With Some Zzzzz?

Written by Ian Hart

Wednesday, 07 November 2012 07:49



We all feel tired at times. And for some of us, weariness is a constant feeling. Many of us practically live with our fingers on the snooze button. And when we're awake, some of us never really get going. It's like being in a constant haze. What's more, research has shown that loss of sleep could be attributed to weight gain – particularly in the mid-section? It's been said that about 30 percent of us are sleep deprived and this may be the reason we overeat. Why?

Research published in the Journal of Clinical Endocrinology and Metabolism seems to show a direct correlation between sleep deprivation and the brain reacts and triggers appetite and food consumption. Additionally, sleep loss has been associated with decreased libido, poor attention span, altered hormone levels and the obvious signs of fatigue.

Sleep loss has also been shown to reduce your free levels of Leptin. Leptin is a protein hormone that is produced by fatty tissue in the body. It is thought to function as a regulator of fat storage. Leptin interacts with areas of the brain that monitor hunger and sends signals that the body has reached a point of satiety. Research has lead experts to believe that insensitivity to this protein hormone is in part attributable to obesity. In other words, sleep deprivation is linked to increased weight gain. Even one night of sleep deprivation may lead to alterations in your weight and set you on the wrong path.

The study deduced that although there are many disadvantages of sleep loss, it is equally important to get enough sleep. And how much is enough sleep? Many experts agree that generally six to eight hours of uninterrupted sleep every night is appropriate in order to promote weight loss and healthy brain function. Think about it: the more time you're asleep the less time you spend pining over food, right?

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That said, as a fitness expert, I would say that the best way to lose weight is through the right exercise plan, balanced nutrition, and plenty of sleep (more than 6 hours) in order for you to burn fat and keep it off permanently.

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