

Sleep and weight management!

You've started being more mindful of your diet. You've begun looking for ways to be more active and making activity a part of your daily routine. **Every change, whether small or large, can help with your weight management program.** We all know that eating well and living actively can help with weight management... but did you know that getting a proper amount of sleep and water can also help?



Get Your Zzz!

Sleep – either too much or too little of it – may affect a person's weight management plans. Do you over- or under-sleep?

Take this quick quiz to see what you know about sleep.

1. Sleep is when the body and mind shut down to relax and recharge.
☐ True ☐ False
2. The body easily adapts to schedule changes, like shift work or travelling through different time zones.
☐ True ☐ False
3. Worry is the number one cause of insomnia.
☐ True ☐ False
4. People need less sleep as they get older.
☐ True ☐ False



The answer to all of the above is “false”.

1. Your body does rest and recharge its energy, but sleep is actually an active state that is very important.
2. The body is not as adaptable as we'd like it to be! Our biological clock is programmed to be sleepy at night and alert during the day, so people who do shift work are in a fight against their bodies. Tricks, like sleeping with blackout curtains during the day and having bright light at night, can help.
3. Insomnia can be caused by a number of things, including stress.
4. This is a common myth. People don't *need* less sleep as they age, but they often *get* less sleep. People may wake up or get disturbed more easily, but the amount of sleep needed doesn't decrease.

How Much Sleep Do I Need?

The amount of sleep an adult person needs depends on a number of things, including the quality of sleep they get. The recommended average is between 7.5 and 8.5 hours per night, but sleep quality is key – if you spend the 8 hours tossing and turning and another person sleeps like a log for 6 hours, time is not a true reflection of good sleep.

What Is Sleep Quality?

There are different stages of sleep:



Falling asleep



Lightly sleeping



Deep sleep



Very deep sleep

Together, all these stages equal one sleep cycle, which is about 90 minutes long. Ideally, every person would go through several continuous cycles per night. Each stage has a purpose and different functions, but the stages that are thought to be related to weight management are stages iii and iv: deep and very deep sleep.

How Could Sleeping Help Me with My Weight Management?

It may be about the hormones! Deeply sleeping not only relaxes your muscles; it's also when certain hormones get regulated in the body. Two of those hormones – leptin and ghrelin – play a role in weight because they control your feeling of satiety (pronounced suh-tye-it-ee). Satiety is how full you feel.

■ Leptin: Gives you a feeling of fullness, or satiety.

■ Ghrelin: Gives you a feeling of hunger.

Too little or too much sleep throws these hormones out of whack and can carry over into your day, possibly giving you the feeling of constant hunger and perhaps causing you to overeat.



What Can I Do?

Sleeping well seems like a simple thing to do – yet getting enough restful sleep isn't as easy as it sounds! Here are some tips for adopting better sleeping habits:

When?

- **Stick to a schedule and routine.** Aim to go to bed at X time and begin preparing ahead of that to get relaxed. Put away your cell phone and computer an hour before. Read a book or do a breathing relaxation exercise (many are available online).

Why?

- **Sleeping complements other good lifestyle habits** and goes hand-in-hand with hydration, eating mindfully, and increasing activity, as tools to help with weight management.

Where?

- **Make sure you go to *bed* at your regular time** rather than falling asleep on the *sofa*. These cues will get your body and mind used to preparing for the event of sleeping!

How?

- **Create a recipe for success!** Keep the bedroom dark and cool to promote better sleep. Log off your electronic devices an hour before bed and do something relaxing instead.



Mind Shift



From here

"I usually fall asleep on the couch, so I just stay there."

To here

"It's convenient to fall asleep on the sofa, but I sleep better in bed. I'll try that for a few weeks and see if I feel more rested!"

How to get there

There are lots of online meditations and relaxation exercises to help you to relax and nod off. Often our poor sleep habits are what stand in the way of getting your Zzz!

Talk to your healthcare professional or a **CONTRAVE Support program** nurse counsellor to help get back on track!



Food for Thought

Making healthier choices about when and how you prepare for sleep can play a role in your weight management program. Being well-rested and recharged can help you have the energy you need to help maintain your activity level and balance out your food intake. What other things can you do to create a sleep sanctuary in your room? Some people like a white noise radio to drown out any startling noises that may wake them at night. Others like cozy flannel sheets or crisp cotton ones. Give yourself the tools you need to sleep well.



Pro

I catch up on my work at night instead of wasting hours sleeping.



Con

Not sleeping can cause you to eat more and have less energy. It only keeps you from achieving any goals set together with your healthcare professional.



By making sleep a healthy habit rather than a chore, you help set yourself up to achieve a good night's sleep.

And remember, if at any time you have questions about your **CONTRAVE** therapy and would like to speak to a nurse counsellor, call **1-855-CONTRAVE (1-855-268-7283)** from 8 a.m. to 8 p.m. Monday to Friday EST.

CONTRAVE is a prescription medicine that is used for weight management:

- in patients who have obesity or;
- in patients with overweight and at least one medical condition associated with their weight (such as high blood pressure that is controlled with medicine, Type 2 diabetes, or a high amount of lipids (cholesterol or other types of fat) in the blood).

CONTRAVE should be used along with a reduced-calorie diet and increased physical activity.
CONTRAVE should be taken exactly as your Healthcare Professional tells you to.

Please refer to the **Patient Medication Information** insert in your product package for important safety information.

CONTRAVE and the CONTRAVE logo are registered trademarks of Nalpropion Pharmaceuticals, Inc., used under license.
© 2021 Bausch Health, Canada Inc. Laval, Québec H7L 4A8.
All rights reserved.

Contrave **Support program**

