

# People who don't sleep enough tend to gain weight

Written by  
DATE\_FORMAT\_LC2 -

---



## People who don't sleep enough tend to gain weight

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 from 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.