

It is a well-known fact that insomnia affects health; insomnia might also lead to obesity. The Department of Health reports that people with less than six hours of sleep tend to have greater waist circumference and higher body weight. Nevertheless, people with enough sleep do have better body conditions and tend to have fewer weight-gaining concerns.

When we have inadequate number of sleeping hours, levels of the appetite-controlling hormone, leptin, decrease; as a result, we will have better appetite and tend to favor in high-calorie food. Also, the metabolic rate of fat breakdown and the effectiveness of insulin tend to decrease. Having inadequate sleeping hours not only bring people to have better appetite, the metabolic rate of fat and sugar breakdown also decreases; therefore, people have higher chance of gaining weight.

In order to have better sleeping quality, people can try:

1. Maintain healthy lifestyle and have stable sleeping hours
2. Decrease the consumption of coffee and tea because they contain caffeine, which help to restore alertness
3. Consume a glass of warm milk or soup before sleeping
4. Do some stretching exercises before sleeping, but remember to avoid intensive exercises



Better sleeping quality diet:

Milk contains tryptophan, which helps to relax muscle. Before resting, it is inappropriate to get too full or too hungry and it is also unsuitable to have spicy or deep-frying food to avoid the body being in active mode. Also, consuming foods that are high in vitamin B complex aid to boost the mood and relax the body, which in turn help people to sleep better. Foods that are rich in vitamin B include milk, chicken, banana, oatmeal, green-leafy vegetable and egg.