

# WEEK 3:

*Get  
More Sleep*



**Chef Habit:** *Get a Restful Good Night's Sleep of 7-8 Hours*

The simple 3-step habit change that is outlined below will help you to “jumpstart” healthy sleeping habits.

**WHY:** An ever-increasing number of studies directly connect sleep deprivation and obesity. Inadequate sleep boosts levels of ghrelin, an appetite-promoting hormone, and decreases levels of leptin, a satiety-promoting hormone. Additionally, insomnia is linked to type 2 diabetes, hypertension, heart attacks, and strokes. An average adult needs 7-8 hours of sleep per day.

**How many hours of sleep are enough?**

The amount of sleep an individual requires varies by person and by age. Babies need 16 hours of sleep, toddlers need 12 hours, and the average adult needs 7-8 hours of sleep per night. Starting after becoming middle-aged, falling asleep takes longer and waking up in the middle of the night becomes more common. Consistently sleeping 7-8 hours per night supports optimal health and the production of “leptin” (the satiety hormone).

**How much do you sleep?**

Do you sleep fewer than seven hours? Is daytime fatigue a problem? Consider getting more sleep. The strategies listed below can help you to get more sleep. Those of you who sleep 7-8 hours per night may skip this Chef Habit and continue intensifying the previous changes.

**HOW:** Finish eating at least two hours before bedtime. One hour before bedtime, turn off the TV or the computer. Brush and floss your teeth. This type of ritual tells your mind that it's time to sleep, and your body takes this reminder and begins to prepare itself.

**Step 1:** Finishing dinner should trigger that it is getting close to bedtime.

**Step 2:** Develop the routine of finishing eating at least two hours before bedtime, and no later than 9 p.m. Start unwinding afterwards. For better accountability, try to bring your partner and kids in too. If your partner is not willing to give up eating after 9 pm, don't try to force him or her to. Instead, lead with a great example and ask your partner to at least control YOUR habit.

**Step 3:** If you enjoy a clean kitchen before going to bed and it gives you satisfaction, then use it as your immediate reward or something else. The key is to make it fun and enjoyable. Once you build up to longer amounts of time with your habit, consider another reward. For example: You could buy yourself a relaxing magazine or book and read it after finishing dinner.