

GUT AND SLEEP CONNECTION



Lack of sleep leads to increased stress hormones, lack of productivity, depression, increased appetite and greater risk of diseases

A lack of sleep decreases lectin which is the hunger hormone linked to feeling full.

Lack of sleep increases stress therefore the body produces more cortisol causing intestinal permeability problems

When people are sleep deprived their body chooses quick energy sources which are high in sugar or contain artificial sweeteners for a glucose spike which inflames our gut.

Melatonin is great to regulate our gastrointestinal motility. When melatonin is disturbed, it causes GORD.

Craving sweets at night is our body releasing melatonin. If we don't go to bed our body will look for sources of serotonin. Serotonin is found in various refined carbohydrates and sugars. Since 90% of serotonin is found in the gut there is a strong to insomnia and chronic fatigue.

You should allow 3 hours after eating to go to bed as our digestion slows down when we are sleeping as it is trying to rejuvenate and repair itself.

Bacteria related to better sleep is: Bifidobacterium and Bacteroides.

Including more fibre and pre and probiotic rich foods as well as managing stress levels will aide a better night's sleep.