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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Lose Weight by Sleeping?

By Alex Sharp

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Do you feel that you need to lose weight? Well then don't just count calories. You might want to count sleep as well.

Recent studies have shown that sleep deprivation disrupts a series of metabolism and hormonal processes. It causes increased hunger and affects the body's metabolism making it difficult to lose and control weight.

Lack of sleep causes a hormone called cortisol, which controls the appetite, to take excess calories and store them as excess body fat. In addition, sleep loss interferes with carbohydrate metabolism which may cause high blood glucose levels. The excess amount of glucose encourages the overproduction of insulin, which may lead to diabetes or even obesity.

Furthermore, sleep deprivation can promote weight gain by affecting our behavior. People who lack sleep tended to crave sweets or high carbohydrate, high fat food with low nutrient value. They tend to snack on chips, cakes, pastries, burgers, fries, soft drinks, etc. Though the short-term rise in blood sugar, brought on by these snacks, gives a surge of energy, the extra calories are not needed by the body and must be stored as body fat.

These calories are not so easily shed than taken. When they are sleep deprived, people are often too tired to exercise or they work out less intensely than usual. They commonly feel exhausted and lack the energy and motivation to do even simple exercises. They rather go to sleep, or eat, than go physical. In due time, the calories that are gained and not easily burned are deposited in the body as fat.

Some people may require less hours of sleep to be in top condition during the day; while others need more than 10 hours. But experts agree that most people need at least eight hours of sleep each night to give themselves enough energy to exercise, eat right and keep off those unwanted pounds. Yet, according to a poll sponsored by the National Sleep Foundation, only 30 percent of adults get eight or more hours of sleep on weeknights; while 52 percent do on weekends. A third of adults reportedly

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sleep no more than six–and–a–half hours nightly.

In fact, disruption in the sleeping patterns in the United States and in the industrialized world is thought as one of the main reasons that people are getting overweight. People should start making behavioral and lifestyle changes now for a better, healthier tomorrow.

For further information on getting a good night's sleep, please visit www.natural–stamina.com/BetterSleep.html

Alex Sharp is the founder of Natural–Stamina.com, a program designed to help men with all issues of their life.

Twenty Questions to Ask Yourself When Choosing a Sleeping Bag

By Maria B.

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Before you head out to buy a new sleeping bag, make sure you know exactly what you are looking for. When you answer these questions, you'll be better prepared to pick out the sleeping bag that is just right for you.

- How will you be using your sleeping bag? Will you be backpacking or hiking? Or do you just need a bag for a family camping trip?
- What time of year will you be camping? Will you be doing summer camping, spring through fall excursions, or rough winter camping?
- Consider your budget. How much do you want to spend? Can you save money by getting a higher quality sleeping bag on discount?
- Where will you be using it? Will you be sleeping in a tent? Out in the open? In a lodge or cabin? What areas will you be using the sleeping bag? Will it be in wet areas, dry deserts, mountains?
- What comfort level do you want? If weight isn't a consideration, do you prefer a roomier, softer, more comfortable sleeping bag? Are you accustomed to the cold night air or do you chill easily?
- Is the weight and compatibility important? Will you be carrying it for a long distance? Do you have limited space?
- How long do you want it to last? Would you prefer to get a cheaper one and replace it later? Or do you want a higher quality sleeping bag that will last many years?
- Is flexibility important? Do you need one bag to meet all your needs, summer through winter?
- How often do you intend to use it? Is this a once a year camping trip? Or will you be using it very frequently?
- Who will be using the bag? Man, woman, or child? What is their body shape?
- How much extra room do you like? Do you sleep still at night or do you tend to toss and turn a lot?

Be sure you consider all these aspects before you buy your sleeping bag. Then your new sleeping bag

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will be just perfect for you and your needs.

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