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Can A Good Night's Sleep Help You Lose Weight?

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Can a good's night's sleep help you lose weight?

A peaceful night's sleep is more than just a luxury. When we rest, our bodies have a chance to recover and repair, so a good night's sleep is a vital component of our overall health and well-being. But... can it help you lose weight as well?

Can better sleep really be the answer?

Yes, it's true that resting more (and better), can help you manage your weight more successfully.

Whilst the scientific community is still trying to understand the complicated relationship between sleep and body weight, there is emerging evidence showing that not only does getting a good night's rest contribute towards better weight management and more successful weight loss, conversely sleep deprivation can actually negatively impact this and result in weight gain over time.

And although sleep restriction overall increases energy expenditure because of increased wakefulness, it can also lead to a disproportionate increase in food intake, decrease in physical activity, and weight gain.

Studies support the link between decreased sleep and weight gain!

What we know from epidemiological studies (large observational studies involving lots of people) is that there is a direct association between decreased sleep and weight gain in general with numerous studies showing that self-reported sleep of less than 6-7 h per night is associated with increased weight gain.

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And to add insult to injury, what's worse is that whilst reduced sleep over time is clearly detrimental, even a single night of partial sleep restriction is sufficient to reduce insulin sensitivity, which in turn affects the body's ability to properly handle glucose, which in turn has knock-on effects of appetite (increased) and fat metabolism (more fat storage than utilisation).

Really not great news!

Frequently asked questions about sleep, weight loss, and weight management.

Q: How many hours of sleep are recommended for weight management?

A: Most adults need 7-9 hours of sleep per night. So if you're regularly getting less than this, it can disrupt your hormonal balance and increase your risk of weight gain.

Q: Can improving sleep quality alone lead to weight loss?

A: While enhancing sleep quality can positively influence weight management, it's not a magic bullet. You need to combine it with a balanced, healthy diet, and regular physical activity to see the best results.

Q: Does the timing of sleep affect weight?

A: Yes, maintaining a consistent sleep schedule helps regulate your body's internal clock, which can influence your metabolism and appetite. Irregular and interrupted sleep patterns may contribute to weight gain.

Fun fact: NASA astronauts can't rely on their natural circadian body rhythms because they're orbiting Earth every 90 minutes, meaning 16 sunrises and sunsets a day! So they need to create and stick to a strict sleep schedule instead.

10 tips for a good night's sleep to help your weight loss journey.

01. Maintain a consistent sleep schedule

Take a tip from the NHS and go to bed and wake up at the same time every day, including weekends, to regulate your body's internal clock. The odd lie-in won't do you any harm, but don't make it a regular thing.

02. Create a restful environment

Make sure your bedroom is cool, dark, and as quiet as possible. You might need to think about using blackout curtains, earplugs, or a white noise machine to help you drift off.

03. Limit exposure to blue light in the evening

Turn off smartphones and computers at least an hour before going to bed, as blue light can interfere with melatonin production and your natural sleep cycle.

04. Be mindful of food and drink

Avoid large meals, caffeine, and alcohol (not that you should be consuming alcohol on TotalFast) close to bedtime, as they can disrupt sleep patterns. If you feel peckish before bed, have a warm drink instead, such as a herbal tea. Not that late-night calories are inherently worse, but your body handles them differently, and eating late at night can actually make you feel hungrier upon waking.

05. Incorporate physical activity

Regular exercise can promote better sleep, but it's best to finish active workouts at least a few hours before bedtime, or try a calming activity like yoga instead.

06. Establish a relaxing bedtime routine

Wind down by reading, taking a warm bath, or practicing meditation to signal to your body that it's time to prepare for sleep.

07. Check your mattress and pillows

Is your bedding comfortable and does it offer enough support? Investing in a good quality mattress and pillows can significantly impact your sleep.

08. Adopt a neutral sleeping position

A tip from NASA is to lie on your back with your head and feet raised slightly above your heart. This mimics zero-gravity and relieves pressure on your body.

09. Limit naps

If you choose to nap, keep it short (20-30 minutes) and avoid napping too late in the day as this can interfere with your good night's sleep.

10. Manage stress

Engaging in mindfulness activities such as deep breathing exercises, colouring in mandalas, or journaling can help reduce stress, make you feel more relaxed, and so more likely to have a restful sleep. All of these come as part of your package in our **NEW Re-Creating Me, The Premium Plan**.

A simple breathwork exercise to try at bedtime.

Here's a simple breathing exercise from our Re-Creating Me Premium Plan Guide you might like to try by yourself, to see how effective it can be. (If you have a health condition, please talk to your doctor before starting this practice.)

Sit back comfortably in your chair. You can leave your eyes open or close them, it's up to you.

- Breathe in through your nose for a count of 4 seconds. Feel the cold air enter your nose.
- Hold your breath for another count of 4 seconds.
- Exhale through your nose for a count of 4 seconds.
- Hold your breath again for a count of 4 seconds.
- Repeat two more times.

Some of the benefits of this exercise:

- Relaxes your body and mind.
- Reduces anxiety and stress.
- Promotes overall well-being.
- Improves your breathing.

Remember this simple technique whenever you feel the need to calm and soothe yourself, it's not just for bedtime.

Breathwork techniques and their role in your weight loss success is something you'll discover in your NEW Re-Creating Me, The Premium Plan. Along with your Foodpacks, even more new materials, activities, and FREE tailored support in private groups to help you succeed. Find out more below.

Sweet Dreams.

In the end, a good night's sleep isn't only about waking up and feeling refreshed, it's an important factor in your weight loss journey. From balancing hormones to reducing cravings and boosting energy levels for exercise, you can see how sleep plays a key role in managing your weight and overall health. So, this is your sign to focus on catching some quality Zs, and here's to a healthier and more well rested you!

