

The 41st Wink

Better Sleep For Life

www.the41stwink.com

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Sleep and Obesity



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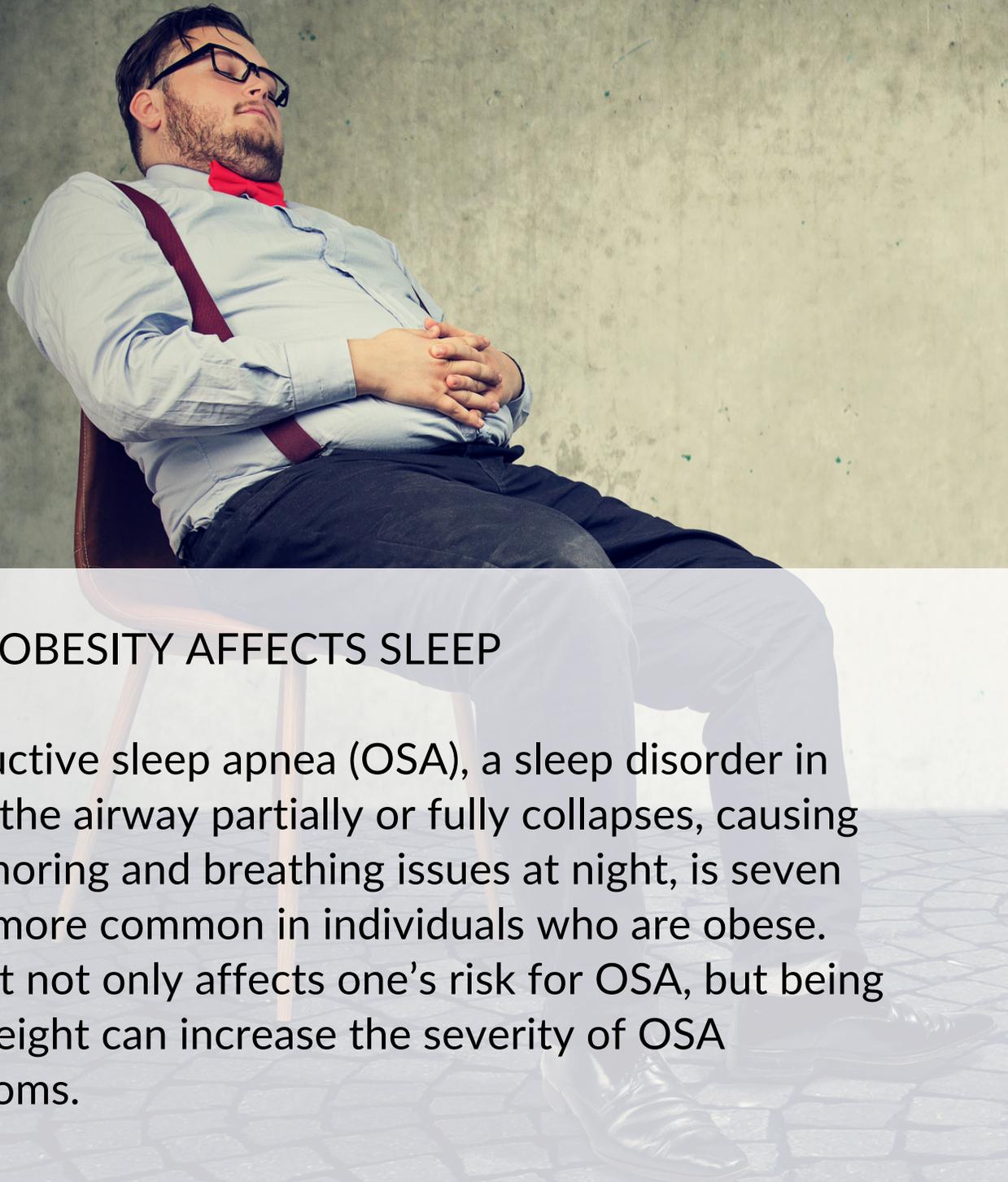
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Not only does sleep loss lead to weight gain, but being overweight also causes sleep issues. This in turn, worsens biological processes that further contribute to weight gain.

In addition, sleep deprivation is associated with growth hormone deficiency and elevated cortisol levels, both of which have been linked to obesity.



HOW OBESITY AFFECTS SLEEP

Obstructive sleep apnea (OSA), a sleep disorder in which the airway partially or fully collapses, causing loud snoring and breathing issues at night, is seven times more common in individuals who are obese. Weight not only affects one's risk for OSA, but being overweight can increase the severity of OSA symptoms.

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Obesity is a known risk factor for Gastroesophageal reflux disease (GERD), a chronic condition in which the contents of the stomach leak into the esophagus, causing symptoms such as heartburn.

Symptoms are often worse when lying down, and GERD may be associated with disturbed sleep.



Obesity is associated with depression, and the two share a reciprocal relationship. Obesity can cause or intensify depression symptoms, while depression can lead to weight gain.

People with depression are also likely to suffer from sleep issues; insomnia occurs with depression up to 75% of the time.



Asthma is a respiratory condition involving inflammation of the airway. Obesity increases one's risk for developing asthma and for experiencing worse asthma symptoms.

Many patients with asthma experience nighttime symptoms, leading to difficulty falling and staying asleep.

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Osteoarthritis is a joint disorder marked by worn down cartilage. Being overweight can cause osteoarthritis because of the strain additional weight places on the joints.

Osteoarthritis affects sleep and may share a cyclical relationship with pain, depression, and disturbed sleep in which these conditions exacerbate one another.