

## #TIPS



## Can't lose weight? Check your sleep quality first



What we eat and how much we move only tell part of the story. Recent studies are pointing to a less-noticed factor in body weight and health: sleep. According to research compiled by the Sleep Foundation, when we skip sleep, our bodies do not just feel tired — they begin to change how they process food and energy.

Under normal conditions, our body uses hormones like leptin (which signals fullness) and ghrelin (which signals hunger) to regulate appetite and energy balance. However, when we don't get enough sleep, this regulation falters. The research shows that leptin levels drop, ghrelin levels rise, and the result is increased hunger and cravings.



It's not just about wanting more food. Sleep-deprived people tend to consume more calories, often eating more carbs and snacking later in the day. At the same time, their resting metabolic rate — the calories burned at rest — does not go up to compensate. That means food is more likely to be stored as fat instead of being used.

If you are monitoring your diet and keeping active, but the scale is not moving or your clothes feel tighter, it might be time to look at your sleep. Prioritising seven to nine hours is not just about feeling rested; it may be a strategic move for maintaining metabolic health.

And it's not only about quantity. Poor sleep quality also shows a correlation with

higher food intake and poorer diet choices, especially among women. In practice, that means: go to bed at a consistent hour, reduce distractions and interruptions, and address any conditions like snoring or sleep apnoea that might be degrading sleep quality.

Of course, sleep alone is not a magic cure. It will not override smoking, a high-fat diet, or complete inactivity. However, it is a piece of the health puzzle that tends to be overlooked, and it may be the piece that tips the balance.

So, sleep well so your body can work well. When you skip it, you are not just tired; you are sending clear signals to your metabolism that tell it to hold onto energy rather than let it go.

**By Ayman Anika**  
**Photo: Collected**

## ◆ HOROSCOPE ◆



### ARIES (MAR. 21-APR. 20)

Don't let relatives get the better of you. Self-improvement could bring amazing results. Expect your workload to be heavy. Your lucky day this week will be Sunday.



### TAURUS (APR. 21-MAY 21)

You won't get the reaction you want from your partner this week. Don't spend money irrationally. Do things with your children. Your lucky day this week will be Thursday.



### GEMINI (MAY 22-JUN. 21)

Social events may introduce exciting new lovers. Broaden your horizons through awareness programs. Organise your day well to achieve your goals. Your lucky day this week will be Thursday.



### CANCER (JUN. 22-JUL. 22)

Travel will promote new romantic connections. Be willing to listen. Moneymaking opportunities will surface. Your lucky day this week will be Thursday.



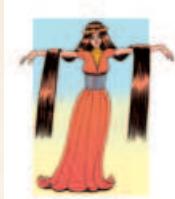
### LEO (JUL. 23-AUG. 22)

Spend time with old friends or relatives. Pick projects that benefit the whole family. You'll get along well with clients. Your lucky day this week will be Tuesday.



### VIRGO (AUG. 23-SEP. 23)

You'll gain much if you listen. Examine options before financial commitments. Take positions offering training or paid courses. Your lucky day this week will be Thursday.



### LIBRA (SEP. 24-OCT. 23)

Question your partner if you must. Your diplomatic nature will help resolve conflicts. Avoid sudden changes that may cause estrangement. Your lucky day this week will be Wednesday.



### SCORPIO (OCT. 24-NOV. 21)

Involvement with groups boosts your self-esteem. Don't avoid deteriorating situations; mend them. Control your anger in family debates. Your lucky day this week will be Friday.



### SAGITTARIUS (NOV. 22-DEC. 21)

Compromise to enjoy yourself. Avoid secret affairs or underhanded dealings. Financial opportunities may arise through personal connections. Your lucky day this week will be Friday.



### CAPRICORN (DEC. 22-JAN. 20)

Attend social events to meet potential mates. Don't overspend. Do your job carefully to avoid future trouble. Your lucky day this week will be Wednesday.



### AQUARIUS (JAN. 21-FEB. 19)

Depression may set in if you lack control. Consider moving or renovating. Female colleagues may help you complete tasks. Your lucky day this week will be Wednesday.



### PISCES (FEB. 20-MAR. 20)

Your boss may be demanding. Balancing work and home will be difficult. Business trips might not yield results. Your lucky day this week will be Wednesday.

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