

Why Sleep Matters

Supports: Block — Why Sleep Matters

Why It Matters

Sleep is not wasted time — it is when your body repairs itself, your brain sorts through the day, and your hunger and stress hormones reset. When sleep runs short, everything else gets harder: you feel hungrier (especially for quick, sugary foods), your mood dips, your focus fades, and healthy choices take more willpower than they should. Protecting your sleep is one of the highest-payoff things you can do for your health, your weight, and your well-being.

What to Know

What good sleep does for you

- Balances hunger and fullness hormones, so cravings are easier to manage.
- Restores energy and focus for the day ahead.
- Supports mood and steadies stress.
- Helps your body recover, from workouts and from everyday wear.

How much you need

Most adults do best with about seven to nine hours a night. Quality counts too — sleep that is broken or restless does not restore you the way steady sleep does. If you wake up tired most days, your sleep is worth a closer look.

The connection: On short-sleep days, notice how much harder food choices feel. That is biology, not weakness — and it is a good reason to treat sleep as part of your health plan, not separate from it.

Try This

Reflect on your own sleep.

? How many hours do you usually get, and how rested do you feel?

? What tends to cut your sleep short — and what is one thing you could protect?