**How sleep affects cravings and weight gain**

Ever noticed how when you're short on sleep you crave foods that give you a quick energy boost? There's a good reason for that. Lack of sleep has a direct link to stress, overeating, and weight gain.

There are two hormones in your body that regulate normal feelings of hunger and fullness. Ghrelin stimulates appetite, while leptin sends signals to the brain when you are full. However, when don't get the sleep you need, your ghrelin levels go up, stimulating your appetite so you want more food than normal, and your leptin levels go down, meaning you don't feel satisfied and want to keep eating. So, the more sleep you skip, the more food your body will crave.

As well as making it harder to fight food cravings, feeling tired can also increase your stress levels, leading to yet more emotional eating.

To control your appetite and reduce food cravings, try to get plenty of rest—about eight hours of quality sleep every night.

Help Guide.org

[**Stress**](http://www.helpguide.org/articles/stress/stress-symptoms-causes-and-effects.htm)– Ever notice how stress makes you hungry? It’s not just in your mind. When stress is chronic, as it so often is in our chaotic, fast-paced world, it leads to high levels of the stress hormone, cortisol. Cortisol triggers cravings for salty, sweet, and high-fat foods—foods that give you a burst of energy and pleasure. The more uncontrolled stress in your life, the more likely you are to turn to food for emotional relief.