

Session 12 – Sleep and fluid intake

Sleep

You may not have thought that sleep affects your weight loss journey, but it has an impact.

It is recommended to have 7 - 9 hours' sleep, on average, per night for an adult.

Circle below those that affect your sleep 

Taking part in exercise

Caffeine intake

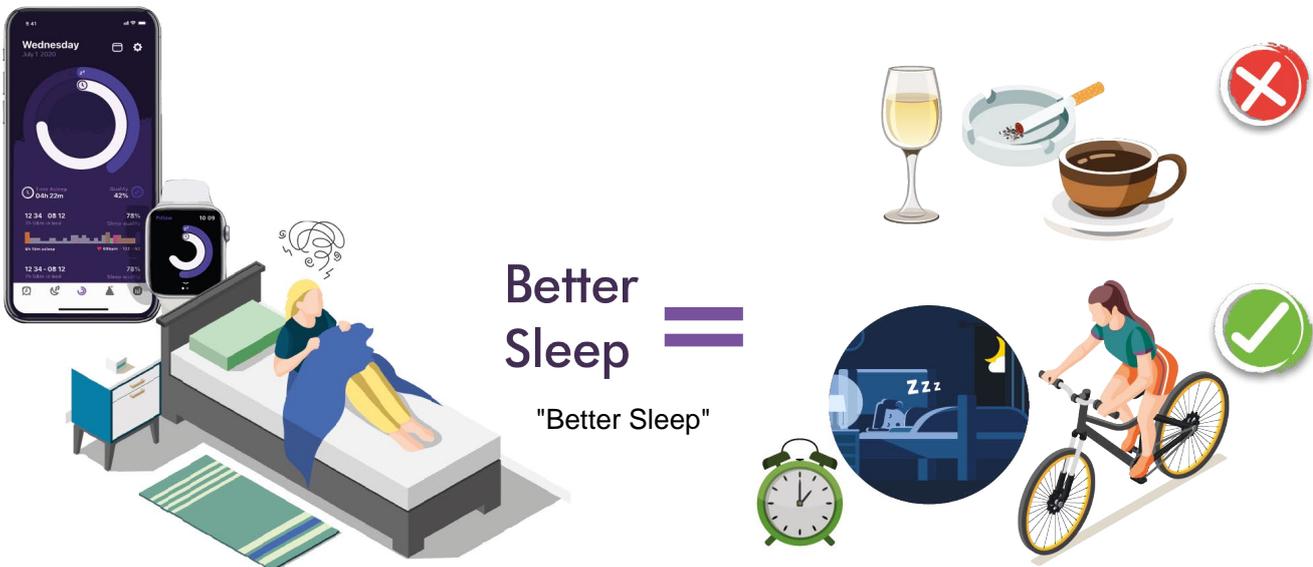
Eating foods high in sugar

Not relaxing before bed

Using devices before bed

The correct temperature or darkness in the room

Alcohol



Sleep helps you:

- To think better and make healthier lifestyle choices
- With memory and clearer thinking
- With creativity
- To lower stress and anxiety

Sleep Apps and meditation can support sleep by reducing anxiety and relaxation before bed.

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Fluid intake

The average adult human body is made up of 50 - 65% water.

Water is essential for life.

You should drink between 1.5 - 2 litres of water per day, which is equal to 6 - 8 glasses.



Sugary or milky drinks which have more energy in them will affect energy balance, particularly if you drink lots.

Caffeine

The recommended caffeine amount for adults is between 200mg and 400mg, 2-4 mugs of instant coffee per day.

Caffeine can remain in the body for over 10 hours so can affect sleep if drunk in the afternoon. There are decaffeinated options to try if you are worried about how much caffeine you are drinking.

Drinks such as coffee, tea, fizzy drinks, and energy drinks contain caffeine. Energy drinks contain high levels of caffeine.



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Alcohol

Women and men should drink no more than 14 units of alcohol each week. Drinking more than this over time can cause liver disease, heart disease, stroke, high blood pressure and some cancers.

This is what **14 units** looks like:

6 pints of **4% beer**

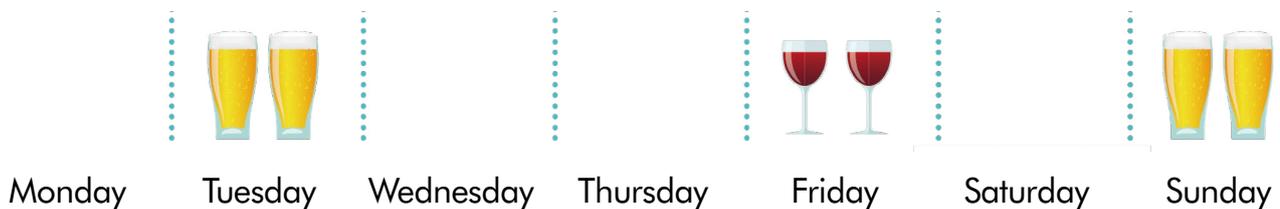


or

6 glasses of 175ml **13% wine**



But... don't 'save up' your 14 units, **spread them evenly across the week** and have **regular drink free days**.



Keep the short-term health risks low by:

- **limiting** the amount of **alcohol** in **one session**
- **drinking** more **slowly** and alternate with **food** and/or **water**

Alcohol and weight gain

Alcohol leads to weight gain. Many people are unaware that drinking alcohol adds to their calorie intake. Alcohol contains **7 calories per gram**. This is almost as much as the most calorie-dense nutrient of all, fat; which contains 9 calories per gram.

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Top tips to help you drink less alcohol



1 Have alcohol-free days

Have two alcohol-free days a week. If you drink on a regular basis, you will develop a tolerance to alcohol. Giving your body a rest will help.

2 Check your measures

Find out how many units are in your drink and work out your average weekly consumption. Pick drinks with lower Alcohol by Volume (ABV) to cut the number of units.

3 Alternate soft drinks

Drink low sugar non-alcoholic drinks between alcoholic drinks. It will slow you down and keep you hydrated.

4 Overcome triggers

Avoid using alcohol to help you relax. It will increase your stress, find new ways to relax after a hard day.

5 Go for smaller drinks

You can still enjoy a drink, but pick smaller sizes. Try bottled beer instead of pints, or a small glass of wine instead of a large one.



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Behaviour change diary

	Nutrition goal	Physical activity goal	Did you do it? ✓ Yes ✗ No P = Partly	Comments What made it easy? What made it hard?
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				