

VSHRED

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SLEEP YOUR WAY TO A BETTER BODY



VSHRED



**ARE YOU ALWAYS HUNGRY? ARE YOUR CRAVINGS OUT OF CONTROL?
ARE YOUR WORKOUTS LACK-LUSTER? IS THE SCALE STUCK (OR GOING
UP) AND YOU CAN'T FIGURE OUT WHY?**

**WHAT IF YOUR TRAINER TOLD YOU THAT THE "FIX" IS TO DO
ABSOLUTELY NOTHING FOR 7 TO 9 HOURS?**

More than one-third of Americans do not regularly get enough sleep. This creates a domino effect that plays a significant role in how successful you are at reaching your weight loss goals. Research backing these claims is mounding. In one study, researchers found that people who averaged six hours of sleep per night were 27 percent more likely to be overweight compared to those who got 7-9 hours of shut-eye; and those averaging five hours of sleep per night were 73 percent more likely to be overweight. There was another sleep study concluded losing just 16 minutes of sleep per night increases your risk of obesity. Certainly gives new meaning to... ya snooze you lose!

WAYS LACK OF SLEEP COULD BE CAUSING WEIGHT GAIN

1: IT MESSES WITH YOUR HORMONES

LEPTIN AND GHRELIN

Leptin is a hormone that tells your body to stop eating. Ghrelin does the opposite and tells your body you are hungry. When you slack on sleep, leptin goes down, and ghrelin goes up. In short, your body may believe it's hungry even if you are full.

CORTISOL

Cortisol is known as the stress hormone, and when you don't sleep, it puts a ton of stress on your body. Lack of sleep will increase cortisol production, making it easier to burn muscle, store fat, and increase your appetite.

INSULIN

Insulin is a fat-storing hormone, and the more of it you have, the more fat you are likely to store. If you don't get enough sleep, you could become temporarily insulin resistant, which has been proven to lead to weight gain. One research study found that after just four days of sleep deprivation, insulin sensitivity dropped by more than 30-percent, completely disrupting the body's ability to use insulin properly. Eventually, excess insulin ends up storing fat in all the wrong places, not only leaving you with love handles, but also an increased risk of diseases like diabetes.

HUMAN GROWTH HORMONE (HGH)

HGH is often touted as the youth hormone. In addition to being the so-called "fountain of youth," it decreases the rate at which your cells utilize carbs and increases the rate at which they use fats. Can you guess when HGH production is at its absolute highest? Yup, while you are asleep! Get less sleep, and you will produce less HGH. If you want to increase your HGH even further naturally, Sculpt Nation has a supplement that will help. [**HGH BOOST**](#) is a potent complex of all-natural ingredients that help increase your body's HGH levels.



2: IT MESSES WITH YOUR BRAIN

Sleepless nights have a direct impact on areas of the brain that regulate decision making processes. This means if you're sleep-deprived, you will be more likely to cave into cravings or choose to skip the gym.

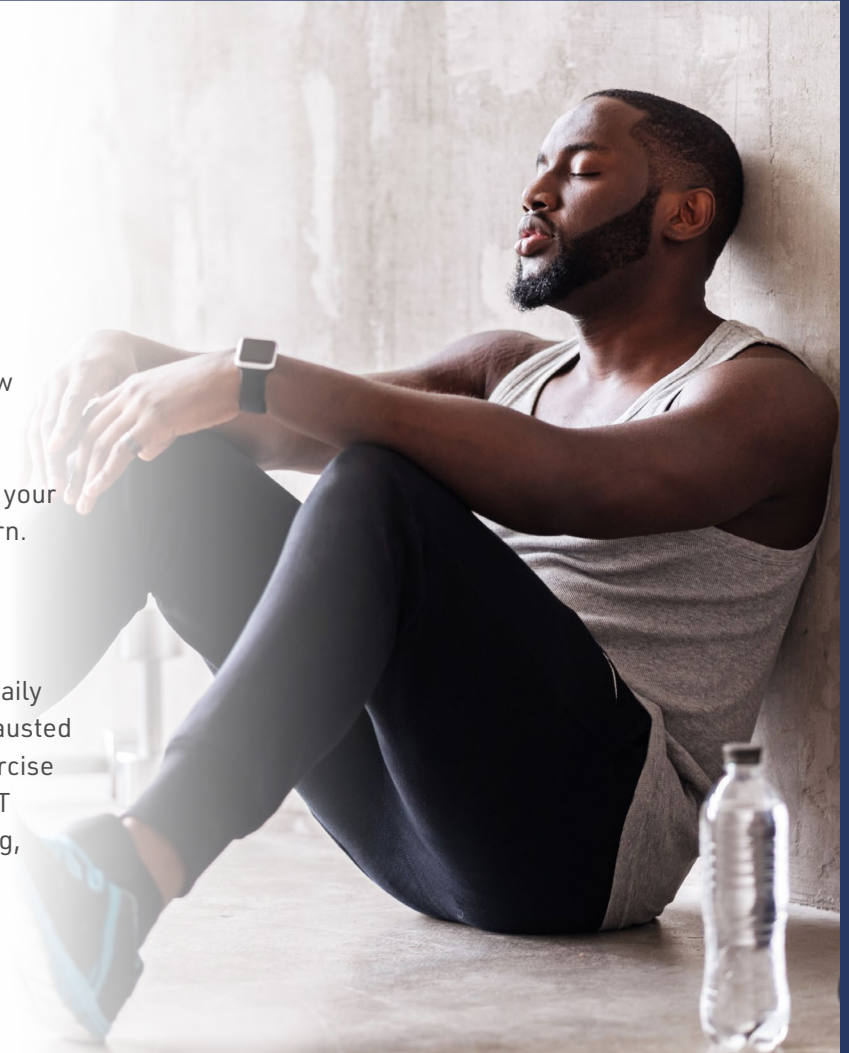


3: IT AFFECTS YOUR WORKOUTS AND OVERALL CALORIE BURN

When you're wiped out, even if you somehow still make it to the gym, chances are your workout intensity will suffer. This will affect every aspect of your gym session, including your strength, endurance, and overall calorie burn.

Sleep is also crucial for muscle repair. The less you sleep, the sorer you will be.

When you are sluggish, you will get in less daily steps and overall movement. The more exhausted you are, the more your daily NEAT (non-exercise activity thermogenesis) will decrease. NEAT includes activities such as cooking, shopping, cleaning, playing with your kids, and even small movements such as fidgeting. NEAT can play a huge factor in daily calorie burn.



NEED A FEW MORE REASONS TO GET A GOOD NIGHT OF SLEEP?

**LACK OF SLEEP
CAN AGE YOU.**

**LACK OF SLEEP
CAN MAKE
YOU MOODY.**

**LACK OF SLEEP
CAN MAKE YOU
DEPRESSED.**

**LACK OF SLEEP
CAN COMPROMISE
YOUR IMMUNE
SYSTEM.**

**LACK OF SLEEP
CAN BE JUST AS
DANGEROUS AS
DRIVING DRUNK.**

**LACK OF SLEEP
CAN LEAD TO
CAFFEINE/STIMULANT
DEPENDENCE.**

**LACK OF SLEEP
CAN MAKE YOU
LESS PRODUCTIVE.**



TIPS FOR FALLING ASLEEP AND STAYING ASLEEP

Of course, you can't just get quality sleep and expect to shed pounds. Lack of sleep is only one piece of the weight-loss puzzle. Your diet and exercise habits, stress levels, genetics, and other health conditions all play an equal role. But there is no denying that when sleep goes down, weight often goes up.

What do you do if you can't seem to fall asleep or stay asleep? Here are a few tips that may help you drift into fat-burning dreamland.

1: DON'T GO TO BED TOO HUNGRY OR TOO FULL

Many studies have concluded that eating a high carb meal before bed may keep you from having a solid night of rest. But going to bed hungry isn't a good idea either. Try taking Sculpt Nation [TURMERIC BLACK](#), to help support a healthy metabolism and manage occasional bloating, with dinner. Whatever you decide to eat for your final meal of the day, make sure not to stuff yourself. That uncomfortable "full" is not any better for sleep than an annoying stomach growl!



2: SET THE MOOD

Adjust your thermostat to a cooler temperature, dim the lights, take a bath, and disconnect. Stop using your computer, phone, and TV. The light from the screens can make your brain more alert. Instead, try reading a book, journaling, listening to relaxing music, stretching, yoga, or meditating. You should begin your bedtime ritual at least 30 minutes before you want to be asleep. This would also be the perfect time to take some [BURN PM](#), our Sculpt Nation night time fat burner that will naturally help you fall asleep, stay asleep, and even burn fat while you sleep.



3: STAY ON SCHEDULE

Your body has a regulatory system called the circadian rhythm. Waking up and going to bed at the same time every single day will help keep your body's internal clock on a regular schedule. This will allow you to fall asleep and wake up easier.



4: CUT CAFFEINE

Stimulants affect everyone differently, but for most people, it is best to refrain from caffeine at least 6 hours before you want to fall asleep.

It is crucial that you make time for no less than 7 hours of quality sleep every night. Schedule sleep into your routine just as you would any other non-negotiable activity.



5: EXERCISE EARLIER

Physical activity is very beneficial to healthy sleep, but for many people, working out too late in the day can impact the quality and quantity of sleep. Try working out in the morning or earlier in the day.

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RECOMMENDED PRODUCTS



BURN PM

You can get cortisol-crushing sleep with the help of this all-natural sleep aid. **BURN PM** is packed with powerful fat-burners and relaxation and recovery agents like L-Tryptophan and Melatonin. You'll be able to easily fall into a deep, restful sleep which helps stimulate your body's metabolism and shreds fat around-the-clock.

[LEARN MORE](#) 



HGH BOOST

You can naturally increase Human Growth Hormone (HGH), the essential hormone that often becomes depleted due to lack of sleep, with our all-natural **HGH BOOST**. It contains ingredients like Arginine, which has been shown to lead to significant increases in serum growth hormone levels in just 90-minutes.

[LEARN MORE](#) 



TURMERIC

Even though Turmeric isn't a sleep supplement, some studies suggest it has sedative effects and may also help manage pain and support a healthy metabolism. Taking Turmeric Black in the evenings can help give the body a dose of antioxidants you might not be getting from food.

[LEARN MORE](#) 

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Have you taken our **FREE Metabolic Assessment** yet?
Thousands of people are shocked by their results 🤯

Learn your **Metabolic Score** and ways to fix it
[right here! >>](#)

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