

How Many Calories Do You Burn While You're Asleep?

Have you ever wondered how many calories you burn while sleeping? While you may think the answer would be “not many,” you might be surprised to learn that your body is at work using energy even when you're at rest. How many calories you burn has to do with various factors, including your weight, your metabolism, and how much sleep you get each night.

Determining how many calories you burn

A person who weighs 125 pounds burns approximately 38 calories per hour sleeping. That doesn't necessarily sound like a lot. But multiply that by the recommended 7 to 9 hours of sleep experts say you should get each night, and that's a total potential of 266 to 342 calories for snoozing.

The amount of calories burned increases according to body weight. So, a person who weighs 150 pounds might burn 46 calories an hour or between 322 and 414 calories a night. And a person who weighs 185 pounds might burn around 56 calories or between 392 and 504 calories for a full night of sleep.

How are these numbers calculated exactly? It's all about your individual metabolism. Metabolism is a process by which the body converts food into energy for use in daily activities. Even keeping your organs running, breathing, and circulating blood costs your body calories. Your basal metabolic rate (BMR), on the other hand, represents the number of calories you individually burn a day at rest, or while you're sedentary. This includes sleeping and sitting.

To calculate your BMR, you use an equation that factors in your sex, weight, and age using inches for height and pounds for weight.

$$66 + (6.2 \times \text{weight}) + (12.7 \times \text{height}) - (6.76 \times \text{age}) = \text{BMR for men}$$

$$655.1 + (4.35 \times \text{weight}) + (4.7 \times \text{height}) - (4.7 \times \text{age}) = \text{BMR for women}$$

For example: A 35-year-old man who weighs 175 pounds and is 5 feet 11 inches tall would be:

$$66 + (6.2 \times 175) + (12.7 \times 71) - (6.76 \times 35) = 1,816 \text{ calories.}$$

A 35-year-old woman who weighs 135 pounds and is 5 feet, 5 inches tall would be:

$$655.1 + (4.35 \times 135) + (4.7 \times 65) - (4.7 \times 35) = 1,383 \text{ calories.}$$

The more mass your body has, the more calories you'll burn while resting, sleeping, and doing other activities. Men tend to burn more calories at rest than women of the same weight because men typically have higher muscle mass

. Muscle burns more calories at rest than fat does.

Factors that affect how many calories you burn

Want to maximize your calorie torching in the overnight hours? A recent study uncovered that if you skip an entire night of sleep, you may actually burn an extra 135 calories over that period of time. Some participants burned as many as an extra 160 calories. But before you toss your pillow, understand that skipping sleep isn't a great way to lose weight.

Sleep loss over time may contribute to weight gain and obesity. It elevates certain hormone levels in the body, like cortisol. This hormone makes you hold onto extra fat. Not only that, but it may also increase your appetite and lead to a slower metabolism. What may help you burn more calories during sleep is taking measures to elevate your metabolism. Boosting your metabolism will help you burn more calories throughout your waking hours as well.

Eating late doesn't slow your metabolism

Eating before bed may cause a temporary increase in your metabolism through what's called thermogenesis. And don't worry about eating after 8 pm. Foods consumed after this time don't magically make you gain more weight — it's the mindless snacking that does. That said, eating large meals right before bedtime may make it harder to sleep.

Exercise daily, incorporating strength training

Having more muscle mass in general helps you burn more calories, even while you're sleeping. So get in some exercise daily, especially strength training. If you have trouble settling down at night, try getting in your exercise several hours before bed.

Losing weight may help

Losing weight may help boost your metabolism as well. Fat burns fewer calories than muscle when at rest. If you're overweight, consider making an appointment with your doctor or dietitian to discuss a healthy goal and a plan for how to get there.

Caffeine may create a short-term boost

Caffeine may increase metabolism slightly. At the same time, it has not been shown to help with long-term weight loss. And drinking caffeinated beverages before bed may make it hard to get a good night's rest.

Use supplements with caution

Supplements that claim to boost metabolism should be used with caution or not at all. Some may contain unsafe ingredients. Even worse, they may not work. Always discuss any supplements you plan to take with your doctor.

Certain health conditions may slow your metabolism

Certain medical conditions, like Cushing syndrome and hypothyroidism, may slow your metabolism. This means you'll experience less calorie burn at all hours and may even hold onto or gain weight. Your doctor can perform simple tests, like a blood test, to rule out certain conditions. Then they can work with you to manage your condition and weight.

Easy Ways to Boost Your Metabolism

Metabolism is a term that describes all the chemical reactions in your body.

These chemical reactions keep your body alive and functioning.

However, the word metabolism is often used interchangeably with metabolic rate, or the number of calories you burn.

The higher it is, the more calories you burn and the easier it is to lose weight and keep it off.

Having a high metabolism can also give you energy and make you feel better.

Here are 10 easy ways to increase your metabolism.

1. Eat Plenty of Protein at Every Meal

Eating food can increase your metabolism for a few hours.

This is called the thermic effect of food (TEF). It's caused by the extra calories required to digest, absorb and process the nutrients in your meal.

Protein causes the largest rise in TEF. It increases your metabolic rate by 15–30%, compared to 5–10% for carbs and 0–3% for fats.

Eating protein has also been shown to help you feel more full and prevent you from overeating.

One small study found that people were likely to eat around 441 fewer calories per day when protein made up 30% of their diet.

Eating more protein can also reduce the drop in metabolism often associated with losing fat. This is because it reduces muscle loss, which is a common side effect of dieting.

2. Drink More Cold Water

People who drink water instead of sugary drinks are more successful at losing weight and keeping it off.

This is because sugary drinks contain calories, so replacing them with water automatically reduces your calorie intake.

However, drinking water may also temporarily speed up your metabolism.

Studies have shown that drinking 17 ounces (0.5 liters) of water increases resting metabolism by 10–30% for about an hour.

This calorie-burning effect may be even greater if you drink cold water, as your body uses energy to heat it up to body temperature.

Water can also help fill you up. Studies show that drinking water a half an hour before you eat can help you eat less.

One study of overweight adults found that those who drank half a liter of water before their meals lost 44% more weight than those who didn't.

3. Do a High-Intensity Workout

High-intensity interval training (HIIT) involves quick and very intense bursts of activity. It can help you burn more fat by increasing your metabolic rate, even after your workout has finished.

This effect is believed to be greater for HIIT than for other types of exercise. What's more, HIIT has also been shown to help you burn fat.

One study in overweight young men found that 12 weeks of high-intensity exercise reduced fat mass by 4.4 pounds (2 kg) and belly fat by 17%.

4. Lift Heavy Things

Muscle is more metabolically active than fat, and building muscle can help increase your metabolism.

This means you will burn more calories each day, even at rest.

Lifting weights will also help you retain muscle and combat the drop in metabolism that can occur during weight loss.

In one study, 48 overweight women were placed on a diet of 800 calories per day, along with either no exercise, aerobic exercise or resistance training.

After the diet, the women who did the resistance training maintained their muscle mass, metabolism and strength. The others lost weight, but also lost muscle mass and experienced a decrease in metabolism.

5. Stand up More

Sitting too much is bad for your health.

Some health commentators have even dubbed it “the new smoking.” This is partly because long periods of sitting burn fewer calories and can lead to weight gain.

In fact, compared to sitting, an afternoon of standing up at work can burn an extra 174 calories.

If you have a desk job, try standing up for short periods to break up the length of time you spend sitting down. You can also invest in a standing desk.

6. Drink Green Tea or Oolong Tea

Green tea and oolong tea have been shown to increase metabolism by 4–5%.

These teas help convert some of the fat stored in your body into free fatty acids, which may increase fat burning by 10–17%.

As they are low in calories, drinking these teas may be good for both weight loss and weight maintenance.

It's thought their metabolism-boosting properties may help prevent the dreaded weight loss plateau that occurs due to a decrease in metabolism.

However, some studies find that these teas do not affect metabolism. Therefore, their effect may be small or only apply to some people.

7. Eat Spicy Foods

Peppers contain capsaicin, a substance that can boost your metabolism.

However, many people can't tolerate these spices at the doses required to have a significant effect.

One study of capsaicin, at acceptable doses, predicted that eating peppers would burn around 10 additional calories per meal. Over 6.5 years, this could account for 1 pound (0.5 kg) of weight loss for an average-weight male.

Alone, the effects of adding spices to your food may be quite small. However, it may lead to a slight advantage when combined with other metabolism-boosting strategies.

8. Get a Good Night's Sleep

Lack of sleep is linked to a major increase in the risk of obesity.

This may partly be caused by the negative effects of sleep deprivation on metabolism.

Lack of sleep has also been linked to increased blood sugar levels and insulin resistance, which are both linked to a higher risk of developing type 2 diabetes.

It's also been shown to boost the hunger hormone ghrelin and decrease the fullness hormone leptin.

9. Drink Coffee

Studies have shown that the caffeine in coffee can boost metabolism by 3–11%. Like green tea, it also promotes fat burning.

However, this seems to affect lean people more. In one study, coffee increased fat burning by 29% for lean women, but only 10% for obese women.

Coffee's effects on metabolism and fat burning may also contribute to successful weight loss and maintenance.

10. Replace Cooking Fats With Coconut Oil

Unlike other saturated fats, coconut oil is relatively high in medium-chain fats.

Medium-chain fats can increase your metabolism more than the long-chain fats found in foods like butter.

In one study, researchers found that medium-chain fats increased metabolism by 12% compared to long-chain fats, which raised it by just 4%.

Due to the unique fatty acid profile of coconut oil, replacing some of your other cooking fats with it may have modest benefits for weight loss.

Best Foods and Drinks to Have Before Bed

Getting good sleep is incredibly important for your overall health.

It may reduce your risk of developing certain chronic illnesses, keep your brain healthy, and boost your immune system.

It's generally recommended that you get between 7 and 9 hours of uninterrupted sleep each night, though many people struggle to get enough.

There are many strategies you can use to promote good sleep, including making changes to your diet, as some foods and drinks have sleep-promoting properties.

Here are the 9 best foods and drinks you can have before bed to enhance your quality of sleep.

1. Almonds

Almonds are a type of tree nut with many health benefits.

They're an excellent source of many nutrients, as 1 ounce (28 grams) of the dry roasted nuts contains 18% of an adult's daily needs for phosphorus and 23% for riboflavin.

An ounce also provides 25% of the daily manganese needs for men and 31% of the daily manganese needs for women.

Eating almonds regularly has been associated with lower risks of a few chronic diseases, such as type 2 diabetes and heart disease. This is attributed to their healthy monounsaturated fats, fiber, and antioxidants.

Antioxidants may protect your cells from harmful inflammation that can lead to these chronic diseases.

It's been claimed that almonds may help boost sleep quality as well. This is because almonds, along with several other types of nuts, are a source of the hormone melatonin. Melatonin regulates your internal clock and signals your body to prepare for sleep.

Almonds are also an excellent source of magnesium, providing 19% of your daily needs in only 1 ounce. Consuming adequate amounts of magnesium may help improve sleep quality, especially for those who have insomnia.

Magnesium's role in promoting sleep is thought to be related to its ability to reduce inflammation. Additionally, it may help reduce levels of the stress hormone cortisol, which is known to interrupt sleep.

Yet, despite this, research on almonds and sleep is sparse.

One study examined the effects of feeding rats 400 milligrams (mg) of almond extract. It found that the rats slept longer and more deeply than they did without consuming almond extract.

The potential sleep-related effects of almonds are promising, but more extensive human studies are needed.

If you want to eat almonds before bed to determine if they affect your sleep quality, a 1-ounce (28-gram) serving, or about a handful, should be adequate.

2. Turkey

Turkey is delicious and nutritious.

It's high in protein, with roasted turkey providing almost 8 grams of protein per ounce (28 grams). Protein is important for keeping your muscles strong and regulating your appetite.

Additionally, turkey is a modest source of a few vitamins and minerals, such as riboflavin and phosphorus. It's an excellent source of selenium, with a 3-ounce serving providing 56% of the Daily Value.

Turkey has a few properties that explain why some people become tired after eating it or think it encourages sleepiness. Most notably, it contains the amino acid tryptophan, which increases the production of melatonin.

The protein in turkey may also contribute to its ability to promote tiredness. There's evidence that consuming moderate amounts of protein before bed is associated with better sleep quality, including less waking up throughout the night.

3. Chamomile tea

Chamomile tea is a popular herbal tea that may offer a variety of health benefits.

It's well known for its flavones. Flavones are a class of antioxidants that reduce the inflammation that often leads to chronic diseases, such as cancer and heart disease.

There's also some evidence that drinking chamomile tea may boost your immune system, reduce anxiety and depression, and improve skin health. In addition, chamomile tea has some unique properties that may improve sleep quality.

Specifically, chamomile tea contains apigenin. This antioxidant binds to certain receptors in your brain that may promote sleepiness and reduce insomnia.

One 2011 study in 34 adults found those who consumed 270 mg of chamomile extract twice daily for 28 days fell asleep 15 minutes faster and experienced less nighttime waking compared to those who didn't consume the extract.

Another study found that women who drank chamomile tea for 2 weeks reported improved sleep quality compared to non-tea drinkers.

Those who drank chamomile tea also had fewer symptoms of depression, which is commonly associated with sleep problems.

Drinking chamomile tea before going to bed is certainly worth trying if you want to improve the quality of your sleep.

4. Kiwi

Kiwis are a low-calorie and very nutritious fruit.

One fruit contains only 42 calories and a significant amount of nutrients, including 71% of the DV for vitamin C. It provides men and women with 23% and 31%, respectively, of the vitamin K they need each day.

It contains a decent amount of folate and potassium as well as several trace minerals too. Furthermore, eating kiwis may benefit your digestive health, reduce inflammation, and lower your cholesterol. These effects are due to the high amounts of fiber and carotenoid antioxidants that they provide.

According to studies on their potential to improve sleep quality, kiwis may also be one of the best foods to eat before bed.

In a 4-week study, 24 adults consumed two kiwifruits one hour before going to bed each night. At the end of the study, participants fell asleep 42% more quickly than when they didn't eat anything before bedtime.

Additionally, their ability to sleep through the night without waking improved by 5%, while their total sleep time increased by 13%.

The sleep-promoting effects of kiwis are sometimes attributed to serotonin. Serotonin is a brain chemical that helps regulate your sleep cycle.

It's also been suggested that the anti-inflammatory antioxidants in kiwis, such as vitamin C and carotenoids, may be partly responsible for their sleep-promoting effects.

Nevertheless, eating 1–2 medium kiwis before bed may help you fall asleep faster and stay asleep longer.

5. Tart cherry juice

Tart cherry juice has some impressive health benefits.

First, it provides modest amounts of a few important nutrients, such as magnesium and phosphorus. It's a good source of potassium too.

An 8-ounce (240-milliliter) serving contains 17% of the potassium a woman needs each day and 13% of the potassium that a man needs each day.

Additionally, it's a rich source of antioxidants, including anthocyanins and flavonols.

Tart cherry juice is also known to promote sleepiness, and it's even been studied for its role in relieving insomnia. For these reasons, drinking tart cherry juice before bed may improve your sleep quality.

The sleep-promoting effects of tart cherry juice are due to its high amounts of melatonin.

In a small study, adults with insomnia drank 8 ounces (240 ml) of tart cherry juice twice a day for 2 weeks. They slept 84 minutes longer and reported better sleep quality compared to when they didn't drink the juice.

Although these results are promising, more extensive research is necessary to confirm the role of tart cherry juice in improving sleep and preventing insomnia.

Nevertheless, drinking some tart cherry juice before bed is worth a try if you struggle with falling or staying asleep at night.

6. Fatty fish

Fatty fish, such as salmon, tuna, trout, and mackerel, are incredibly healthy. What makes them unique is their exceptional amounts of vitamin D.

For example, a 3-ounce (85-gram) serving of sockeye salmon contains 570 international units (IU) of vitamin D. That's 71% of your DV. A similar serving of farmed rainbow trout contains 81% of your DV (44).

Additionally, fatty fish are high in healthy omega-3 fatty acids, specifically eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

EPA and DHA are known for reducing inflammation. In addition, omega-3 fatty acids may protect against heart disease and boost brain health.

The combination of omega-3 fatty acids and vitamin D in fatty fish has the potential to enhance sleep quality, as both have been shown to increase the production of serotonin.

In one study, men who ate 10.5 ounces (300 grams) of Atlantic salmon three times a week for 6 months fell asleep about 10 minutes faster than men who ate chicken, beef, or pork.

This effect was thought to be the result of vitamin D. Those in the fish group had higher levels of vitamin D, which was linked to a significant improvement in sleep quality.

Eating a few ounces of fatty fish before bed may help you fall asleep faster and sleep more deeply. More studies are needed to make a definite conclusion about the ability of fatty fish to improve sleep.

7. Walnuts

Walnuts are a popular type of tree nut.

They're abundant in many nutrients, providing over 19 vitamins and minerals, in addition to 1.9 grams of fiber, in a 1-ounce (28-gram) serving. Walnuts are particularly rich in magnesium, phosphorus, manganese, and copper.

Additionally, walnuts are a great source of healthy fats, including omega-3 fatty acids and linoleic acid. They also provide 4.3 grams of protein per ounce, which may be beneficial for reducing appetite.

Walnuts may also boost heart health. They've been studied for their ability to reduce high cholesterol levels, which are a major risk factor for heart disease.

What's more, some researchers claim that eating walnuts improves sleep quality, as they're one of the best food sources of melatonin.

The fatty acid makeup of walnuts may also contribute to better sleep. They provide alpha-linolenic acid (ALA), an omega-3 fatty acid that's converted to DHA in the body. DHA may increase serotonin production.

There's not much evidence to support the claims about walnuts improving sleep. In fact, there haven't been any studies that focus specifically on their role in promoting sleep. Regardless, if you struggle with sleep, eating some walnuts before bed may help. About a handful of walnuts is an adequate portion.

8. Passionflower tea

Passionflower tea is another herbal tea that's been traditionally used to treat a number of health ailments.

It's a rich source of flavonoid antioxidants. Flavonoid antioxidants are known for their role in reducing inflammation, boosting immune health, and reducing heart disease risk. Additionally, passionflower tea has been studied for its potential to reduce anxiety.

The antioxidant apigenin may be responsible for passionflower's anxiety-reducing effects. Apigenin produces a calming effect by binding to certain receptors in your brain. There's also some evidence that passionflower increases the production of the brain chemical gamma aminobutyric acid (GABA). GABA works to inhibit other brain chemicals that induce stress, such as glutamate.

The calming properties of passionflower tea may promote sleepiness, so it may be beneficial to drink it before going to bed.

In a 7-day study, 41 adults drank a cup of passionflower tea before bed. They rated their sleep quality significantly better when they drank the tea compared to when they didn't drink the tea.

9. White rice

White rice is a grain that's widely consumed as a staple food in many countries.

The major difference between white and brown rice is that white rice has had its bran and germ removed. This makes it lower in fiber, nutrients, and antioxidants.

Nevertheless, white rice still contains a decent amount of a few vitamins and minerals.

A 4-ounce (79-gram) serving of white rice provides 19% of your daily needs for folate. It also provides provides 21% of the daily thiamine needs for men and 22% of the daily thiamine needs for women.

A 4-ounce (79-gram) serving of long-grain white rice contains 13% of your DV for manganese.

White rice is high in carbs, providing 22 grams in a 4-ounce (79-gram) serving. Its carb content and lack of fiber contribute to its high glycemic index (GI). The glycemic index is a measure of how quickly a food increases your blood sugar.

It's been suggested that eating foods with a high GI, such as white rice, at least 1 hour before bed may help improve sleep quality.

One study compared the sleep habits of 1,848 people based on their intake of rice, bread, or noodles. Higher rice intake was associated with better sleep than bread or noodles, including longer sleep duration.

Despite the potential role that eating white rice may have in promoting sleep, it's best consumed in moderation due to its comparative low amounts of fiber and nutrients.

Other foods and drinks that may promote sleep

Several other foods and drinks have sleep-promoting properties. For example, they may contain high amounts of nutrients such as tryptophan.

However, in some cases, there's little research into their specific effects on sleep.

Dairy products: Dairy products, such as a glass of milk, cottage cheese, and plain yogurt, are known sources of tryptophan. Milk has been shown to improve sleep in older adults, especially when paired with light exercise.

Bananas: Banana peels contain tryptophan and the fruit itself is a modest source of magnesium. Both of these properties may help you get a good night's sleep.

Oatmeal: Similar to rice, oatmeal is high in carbs with a bit more fiber and has been reported to induce drowsiness when consumed before bed. Additionally, oats are a known source of melatonin.

Getting enough sleep is very important for your health.

Several foods and drinks may help. This is because they contain sleep-regulating hormones and brain chemicals, such as melatonin and serotonin.

Some foods and drinks contain high amounts of specific antioxidants and nutrients, such as magnesium and melatonin, that are known to enhance sleep by helping you fall asleep faster or stay asleep longer.

To reap the benefits of sleep-enhancing foods and drinks, it may be best to consume them 2–3 hours before bed. Eating immediately before going to sleep may cause digestive issues, such as acid reflux.

How Your Body Uses Calories While You Sleep

Burning calories is a term most often associated with aerobic exercise and physically taxing jobs. But actually, you don't need to be engaged in strenuous activity to burn calories. Your body uses them up around the clock, even when you are asleep. Learn more about the functions your body performs at night, and exactly how it uses calories while you sleep.

How REM Uses Energy

Despite the fact that you are resting, your body still consumes energy when you sleep. Energy use is particularly high during REM (rapid eye movement) sleep. During this time, your brain is highly active and you burn the most glucose, your body's source of fuel. Your heart rate and blood pressure also rise during this time, which burns more calories.

Other Calorie-Burning Activities During Sleep

During the night, your body goes to work repairing any damage done on a cellular level during your waking hours. For instance, if you exercise during the day, your muscles will recover and repair themselves at night, which requires energy. Food digestion also uses energy, as your body breaks down your meal into usable fuel for the following day.

How Many Calories Can You Burn?

The amount of energy you use during sleep depends on a number of factors, including your basal metabolic rate (BMR), which determines the amount of energy your body needs to maintain its most basic functions. This includes breathing, blood circulation, and keeping your organs running. How much you weigh plays a role in setting your BMR: The more pounds you are carrying, the more energy you use. Finally, the amount of sleep a person gets influences calories burned as well. For example, a healthy person who weighs 125 pounds burns approximately 38 calories per hour of sleep, so you can multiply that number by number of sleep hours to see approximately how many calories are being burned.

The Right Amount of Sleep

Although too little sleep has been linked to weight gain, too much sleep can have a similar effect, as you are expending less energy overall during the course of the day. (You burn more calories when you are awake and moving around than when you are at

rest.) In addition to getting a healthy amount of sleep, you can increase the number of daily calories burned by incorporating exercise into your routine. Focusing on eating smaller meals and avoiding alcohol before bed can also help with your metabolism.

Average Calories Burned During 8 Hours of Sleep

Considerable examples for calories burned during eight hours of sleep:

- 30-year-old, 110 lb female: 406 calories
- 30-year-old, 180 lb male: 601 calories
- 50-year-old, 110 lb female: 376 calories
- 50-year-old, 180 lb male: 558 calories
- 40-year-old, 130 lb female: 424 calories
- 40-year-old, 200 lb male: 619 calories

As you can see, the amount of calories burned decreases with age and increases with body weight. Metabolism slows with age, so it comes as no surprise that we see a decrease in caloric burn. A larger person's body will also burn more calories to function.

How to Burn More Calories During Sleep

As it turns out, there are a few ways to increase your calorie burn while you sleep. The first key is to get a better night's rest. More restful sleep means more REM (rapid eye movement) sleep. This is when your brain is most active and burns the most calories. This is because your brain is burning more oxygen when it's working hard during this deep sleep.

How to Get More REM Sleep

We all know that a better night's rest is important for body function, mental health, and even weight loss. More deep REM sleep can lead to burning extra calories while you sleep. Here are a few tips to improve sleep quality:

- Invest in the best mattress for your needs to promote a more comfortable, deeper night's sleep.
- Keep to a schedule so you go to bed and wake up at the same time every day.

- Exercise 20-30 minutes a day. But don't exercise within a few hours of going to sleep.
- Avoid caffeine in the evening hours.
- Shut off bright lights and digital glow, and put your phone on silent. Don't watch TV in bed. Reading a print book or magazine is much better than scrolling on your phone, tablet, or other device with stimulating blue lights. In a Harvard study, it took participants an average of 10 minutes longer to fall asleep using an e-book reader versus a print book. This is because the light emitted from your screen causes your body to suppress the hormone melatonin, which is vital to falling asleep.
- If you can't get to sleep, don't just lay in bed awake. Move to the couch and read until you're tired.

Turn Down the Thermostat

Another way to burn more calories during sleep is to turn down the thermostat or sleep in light pajamas. Cooler temperatures will force your body to work a little harder to stay warm.

Conclusion the bottom line

Your body is at work at all hours of the day and night. While you do burn calories while sleeping, it's not a solid weight loss strategy. Exercising regularly and eating well can help.

Experts recommend getting in 75 minutes of vigorous activity, like running, or 150 minutes of moderate activity, like walking, each week. And try shopping the perimeter of the grocery store to stick to whole foods that don't contain empty calories, like added sugars.

Try your best to get in the recommended seven to nine hours of sleep each night. If you have trouble winding down, give these tips a try:

- **Create a routine** where you go to the bed at the same time each night and get up at the same time each day. You may also want to do some relaxing activities, like taking a bath or doing some gentle yoga before tucking yourself in.

- **Use white noise, ear plugs, blackout curtains, and other tools** to block distractions in your sleeping space. Keeping the temperature of your room cool may also help you nod off faster.
- **Avoid stimulants** like nicotine and caffeine in the hours before bed. They may take a while to wear off and make it hard to relax. While alcohol may make you sleepy, it may also disrupt your sleep throughout the night.
- **Turn off cell phones**, computers, televisions, and other electronics well before heading to bed. The light these devices emit may disrupt your body's natural sleeping rhythm.
- **Limit naps** to just 30 minutes. Getting more shut-eye in the daytime hours may make it harder to sleep at night.