

Blood Sugar, Poor Sleep and Cravings

A poor night's sleep can really hammer how you feel the next day. Of course! You know you might feel tired, groggy, irritable and have a hard time getting anything done.

In particular, you may find that you feel hungrier than usual. Today's video goes over why you feel hungrier after a poor night's sleep.

So then, what do you do about it, to get through the day with a minimum of damage to blood sugar results? No one wants to have sleep destroy their health and wellness, and if you're also struggling with blood sugar issues, poor sleep is a double whammy. Poor sleep is likely to lead to unwanted weight gain, too.

Many people report that after sleeping poorly, they feel cravings, especially the urge to eat food that is either sweet or high in carbs, like cookies, chips, ice cream, candy or other crunchy, high carb items.

Here are some food and snack substitutions for beating back food cravings and helping improve average blood sugar results, over time.

Food Craving	Healthier Choice
Want chips?	Use cucumber slices
Ice cream?	Eat plain yogurt
Add sugar to a beverage?	Sprinkle cinnamon; add fresh mint
Want cookies?	Eat a package of roasted seaweed
Want cake?	2 tablespoons of hummus
Want candy?	1 piece , or chew gum

If you want more ideas or support, please remember to join us in the private Facebook Group that goes with this Challenge and ask us there.

21DayBloodSugarChallenge.com

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