

GOOD SLEEP.  
GOOD DAY.  
GOOD LIFE.



02 - 2025

# Are you overweight? Do you sometimes wish, »Oh, if only I could lose weight in my sleep?«



Dear reader,  
in this issue, I address a topic that brings annoyance and frustration to a great many people: being overweight. It's well-established in most people's minds that being overweight brings with it enormous, often dangerous, health problems. However, it's likely not well known that the right amount of sleep plays a very crucial and helpful role in getting weight back on track. Find out how you can protect yourself. Talk to me – especially if you are diabetic or have heart or blood pressure problems. That's where the danger lurks. I am here for you!

*Hartmut Schulz*

## Reality or wishful thinking?

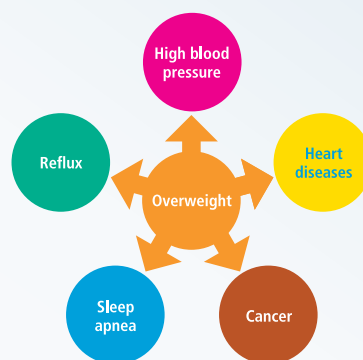
For anyone struggling with a few extra pounds, this would be an absolutely wonderful dream, a truly dreamlike solution to the problem. Let's be honest: losing excess and harmful weight is

not easy at all. In many cases, it is really difficult, tiresome, and frustrating to stick to a diet or fundamentally change one's eating habits. And yet, it is absolutely possible! However, it doesn't work without discipline. But there is a silver lining, a solution! Learn here how to reduce weight in a completely natural way.

## Adequate Sleep Is a Good Prescription

Less than seven hours of sleep per night has negative effects on health, especially on body weight. Scientific studies have clearly shown this. Overweight subjects with a body mass index between 25 and 29.9 normally slept less than 6.5 hours per night. It was shown that increasing sleep duration to 8.5 hours resulted in a significant reduction in energy intake of almost 300 kilocalories per day.

Researchers are concerned with the question of why some people don't gain weight, whether with or without stress, while others are tormented by being overweight. Two-thirds of blood sugar goes to the brain,



and only one-third is available to the body. Under stress, the brain's blood sugar needs can increase up to 90%. Stressed nerve cells send corresponding signals to the organ and then shift energy to the brain. In every exciting situation, the brain demands increased supply. Thus, the pancreas stops insulin secretion; normally, it is responsible for opening the cells and depositing sugar and fats. Here, however, the sugar remains in the blood, making it easy for the brain to help itself. The brain is absolutely selfish in a precarious

situation. When people starve in emergency situations, all organs lose about 40% of their weight. The brain, on the other hand, loses at most one percent. It takes everything it needs until the very end and thus regulates the body's energy supply in such a way that its needs are best met.

### Eating Is a Must

So that stress "doesn't get to" someone, they have to eat. There are several reactions to stress, which some people manage. Others get very agitated and release stress hormones. But they get used to such situations, and the stress then, as it were, bounces off them. As is so often the case, however, there is a "but." In such people, who release fewer stress hormones, insulin production continues normally. So the body stores carbohydrates and fats in the cells. An energy backlog occurs in the fatty tissue, i.e., being overweight. If the energy accumulates in the form of sugar, type 2 diabetes has developed.

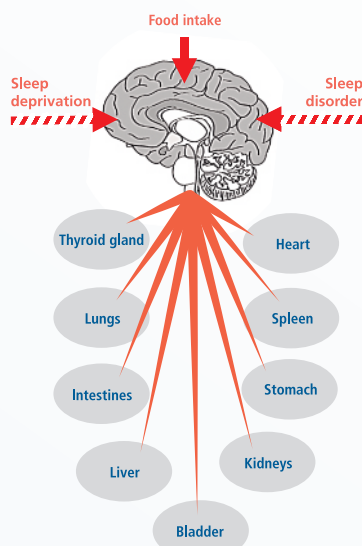
## BODY MASS INDEX

The BMI is a measure for classifying a person's body weight in relation to their height.

It was, by the way, developed in 1832 by Adolphe Quetelet and after the First World War by Ignaz Kaup.

### Calculating the Body Mass Index is easy:

Divide body weight by height twice: for 70 kg and 1.70 m, this would be  $70 \text{ kg} \div 1.70 \text{ m} \div 1.70 \text{ m} = 24.2 \text{ kg/m}^2$ .



Up to 90% of blood sugar is withdrawn from the organs by the brain in case of stress.

### Chronic stress leads to being overweight, increases the risk of mortality, and has a negative effect on memory.

Many people simply cannot get used to stress. Adrenaline and cortisol then rise rapidly, and they live at a high pace, consuming enormous amounts of energy and sugar. This is pure toxic stress; strokes, depression, heart attacks, and premature death are the consequences. As a result of stress, these people tend to lose weight rather than gain it.

Conservative nutritional medicine says that eating too much inevitably leads to being overweight. However, the latest research results show that we eat according to our needs, i.e., we consume the amount the brain needs. If it needs more energy, we don't stop eating and continue, even if the body has long been saturated.

### This is the law: The brain comes first, then the body.

People accustomed to stress have to eat a lot by comparison. The lack of stress hormones makes insulin skyrocket. The hormone stuffs everything into the body's cells. To satiate and keep the brain fit, sufficient energy must be available.

### Powerless against being overweight? Do you absolutely have to lose weight?

From a current perspective, it is of course sensible not to be too heavy. But the possibilities are very limited; yoga training has a positive effect. A proper and healthy diet is, despite all the findings, fundamentally in first place. More on this in the next issue.

Don't just dream, tackle the problem, and allow yourself more sleep. It's worth it in every respect. You will soon be able to tighten your belt and you will live longer. Those are good prospects!

To be healthy, you don't necessarily have to lose weight. This was shown by the large LOOK-AHEAD study from 2013. One group had lost weight with the help of diet and exercise. A decade later, it was clear that all the torment had not helped much. They did not live a day longer than people who left their lives unchanged.

Losing weight has no effect on life span. Lean people with a belly die first, while overweight people with a waistline have a very good life expectancy.

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## TIP: Help! I can't fall asleep...

Long-term sleep disorders should be taken seriously. Primarily, chronic sleep disorders affect daytime well-being and performance and not only limit quality of life and social competence but can also lead to serious heart and circulatory diseases. First, try this: Maintain the usually necessary sleep time: 7.5 - 8.5 hours of sleep are necessary for maintaining health. If you can maintain this, wake up spontaneously in the morning, and don't need an alarm clock, you have healthy sleep.

However, if you need an alarm clock or can consistently sleep for less than 7 hours, a chronic sleep deficit arises, and a sleep debt builds up that gets bigger from night to night. Like a loan where the interest is not paid: The interest burden gets bigger and bigger until the burden is so great that you can no longer manage daily life.

Mental stress and stress-related illnesses are often just the beginning; cardiovascular diseases follow, and life expectancy drops significantly. The most important goal is therefore to maintain a weekly sleep time of at least 50 hours. You can achieve this by maintaining a bedtime (lights out to lights on) of at least eight hours during the 5-day work week and then sleeping longer on the weekend, preferably without an alarm clock, as it were, paying back the interest on the sleep debt.

If, despite these measures or sufficient sleep time, you do not get healthy sleep or still feel tired, drained, and even drowsy during the day, you should not put off the problem and seek sleep medical advice, preferably from internist sleep specialists.

